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Tennis. N.S. Open



▶ Marijke Nel, the No. 1 seed in the women's open singles draw, returns a serve from Julia Gray yesterday at the Bell and Grant Nova Scotia Open tournament at the Waegwoltic Club.

RYAN TAPLIN/METRO HALIFAX

Women's No. 1 seed plants it

Marijke Nel had an easy time of it as she defeated Julia Gray 6-1, 6-0. Sarah Tremaine, Amy Sherlock and Sarah Plowman were the other women's winners. The tournament runs through Saturday when the championship matches are held.

Asia continues digging out

Turmoil in aftermath of fatal floods, landslides {page 7}

Films go back to the future

It's the '80s all over again for this year's action flicks {page 10}

HRM offer halts road blockade

Private road closed except for owners, emergency services ◐ Mayor at North Preston roadblock to address concerns ◐ Kelly to meet with residents next week



ALEX BOUTILIER
@METRONEWS.CA

Even though their main concern has been met, some residents of North Preston are hesitant to call the closing of a private road that gave a handful of residents a short cut from a nearby detour a victory.

Mayor Peter Kelly and area Coun. David Hendsbee announced yesterday 10 households will no longer have access to a padlocked back road which allowed them to bypass construction on Lake Major Road.

Residents of North Preston, a predominantly black community, were outraged when a handful of the Lake Major residents, who were white, were given access to the road, which reduced their detour by half.

Protesters alleged racism and blockaded Lake Major Road at Main Street in Westphal in protest since Monday. Around noontime yesterday, the protesters agreed to disperse after accepting the terms offered by HRM. MORE COVERAGE, PAGE 3

RYAN TAPLIN/METRO HALIFAX



▶ A protester carries a sign after the blockade of Lake Major Road ended yesterday.



1 news

Input needed on urban forests

They're more than just trees scattered throughout the municipality — they're urban forests.

HRM is asking for public input in how they'll manage urban forests for the next 25 years.

"Following the destruction of hurricane Juan, it became clear that the urban forest was a precious resource that must be carefully managed," said John Charles, a municipal planner.

Events

How to get involved:

- **Urban Forest Walkabout:** Aug. 17, 3:30-5:30 p.m. and from 6-8 p.m. Meet in front of the Rowe Building at 6100 University Ave.
- **Open House:** Aug. 18, 4-8 p.m. Rowe Building, 6100 University Ave.

Urban forests don't just mean the trees inside Point Pleasant Park, but any trees within the urban core whether they're beside streets or on public or private land.

There are four goals of the plan: identify areas of concern; establish a list of values for long-term care; suggest changes to by-laws and policies regarding the management of trees; and raise awareness of the importance of trees within the municipality.

JENNIFER TAPLIN

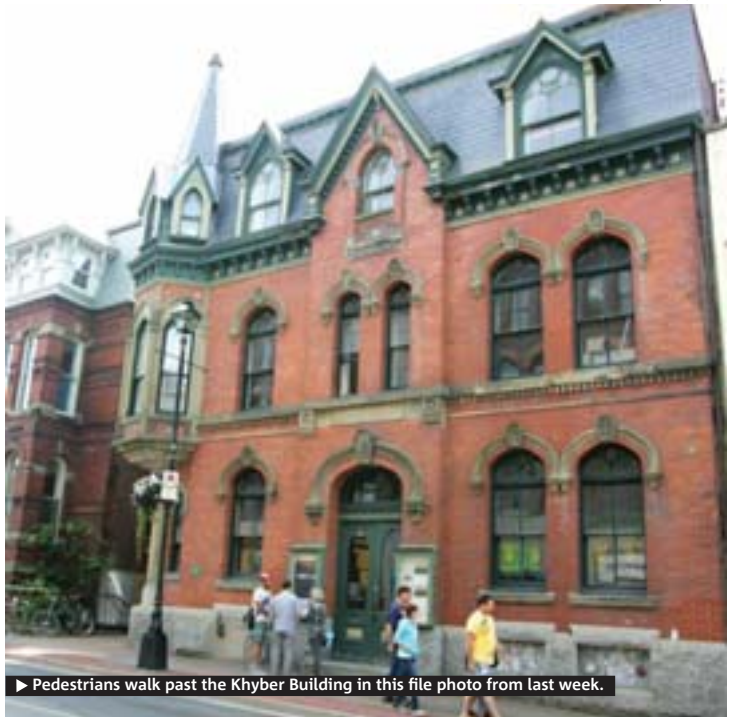
DAILY NEWS FILE PHOTO



▶ Pedestrians navigate around downed trees in Halifax following hurricane Juan in this file photo from 2003.

Vote breathes life in Khyber building

RYAN TAPLIN/METRO HALIFAX



▶ Pedestrians walk past the Khyber Building in this file photo from last week.

Council unanimously approves implementing 3-year operations and programming strategy



JENNIFER TAPLIN
@METRONEWS.CA

The Khyber building — and hopefully Barrington Street — was given new life yesterday.

Halifax regional council voted unanimously to implement a three-year plan that will see improvements to programming and the building, including reopening the first floor. "A three-year operating strategy will keep us thriving to demonstrate our abilities," Anton Christiansen, a member of the Khyber Arts Society, told council last night.

A number of local artists got their start in the building at 1588 Barrington St., Christiansen said, including singer Joel Plaskett.

HRM will continue to manage the building for the first two years and then it will be handed over to a facility manager. It will mean $800,000 over the next three years, but HRM staff said the cost will be heavily eaten up by outside funding possibilities.

"I really hope K.A.S. (Khyber Arts Society) has the ability to run this show."
COUN. DARREN FISHER

Coun. Dawn Sloane said the Khyber will "jumpstart a much needed revitalization of Barrington Street."

"This is a huge endeavor for us to take on," she said.

This effort could go even further. Coun. Jackie Barkhouse suggested people who own vacant buildings should allow artists to display their work.

Secret ballot kibosh beaten

Coun. Sue Uteck's motion to stop secret ballots during in-camera meetings didn't make it past council last night.

Her motion was defeated in a 10-13 decision.

But council did vote in favour of changing the rules to make sure a solicitor is present during these private meetings.

Council was split on the secret ballot issue.

Coun. Bob Harvey pointed out council has only employed a secret ballot vote once in the past 21 years.

"When I make a decision I should be accountable and it should be transparent."
COUN. JENNIFER WATTS

JENNIFER TAPLIN

RYAN TAPLIN/METRO HALIFAX



▶ Coun. Sue Uteck

News in brief

Bomb threat prompts charge

CRIME. A 20-year-old woman is facing charges of mischief and misleading after police say they responded to a complainant of a bomb threat at Eastern College on Dresden Row in downtown Halifax yesterday morning.

Police say the bomb threat came in to staff at 8:30 a.m. regarding an explosive in the building.

The building was evacuated of staff and students with police saying a search of the building turned up nothing unusual.

A short time later, police say a 20-year-old female was arrested for making the call and taken into the custody.

She will appear in court at a later date.

METRO HALIFAX

News on the move

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Omar Khadr's lawyer says suiting up for court made his client 'human again.' Video at metronews.ca/canada

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First details of Canada's withdrawal from Afghanistan trickle out. Scan code for story.

RYAN TAPLIN/METRO HALIFAX



▶ Mayor Peter Kelly speaks with Preston-area residents after HRM decided to reverse its decision to allow some Lake Major residents access to a logging road while Lake Major Road is closed due to bridge repairs.

Frustrations remain after road protest

HRM spent $40K on private road for emergency vehicles ◗ RCMP should step up presence on road: Coun.



ALEX BOUTILIER
@METRONEWS.CA

As residents of North Preston abandoned their road block on Lake Major Road, moods remained tense.

Group spokesman Neville Provo said HRM has met some of the group's demands, but expects more issues will be brought up when residents meet with Mayor Peter Kelly next week.

"Not really so much a victory, it's just now we have some of our needs met," Provo said. "I don't look it as a victory, (because) nothing (has) been done yet."

"Perhaps (RCMP) should step up their patrols a bit more to ensure there are no problems."
COUN. DAVID HENDSBEE, CITING WILDLIFE, ATV RIDERS AND LACK OF CELLPHONE COVERAGE BETWEEN NORTH PRESTON AND LAKE MAJOR

Multiple protesters gathered around Kelly yesterday morning, asking him about black representation on council and issues facing the predominantly black community.

Kelly said residents had a number of concerns, including road conditions and lighting.

But the lingering allegations of racism and the lack of black representation still seemed to be the main issue for residents.

"Councillor Hendsbee is there on behalf of the community, we're trying to deal with issues of need," said Kelly.

"Certainly there were some frustrations as a result of this decision, and the best way to deal with it is to take that issue away," he added. "We understand that this is a representative point of other concerns, and we need to make sure that we don't ignore those concerns for the long term."

MACKAY BRIDGE

Bridge closing once more

Another heads up to motorists — the MacKay Bridge will be closed to all traffic from Saturday at 5 p.m. to Monday at 5:30 a.m.

The bridge has been completely closed to traffic several times this summer because of a $7.4-million maintenance project that is expected to wrap up by Labour Day.

Halifax Harbour Bridges says this weekend closure is required to complete the resurfacing of suspended spans of the bridge. They say this will be the final full bridge closure this summer.

The weekend closure also includes lane reductions from Friday at 7 p.m. to Saturday at 5 p.m.

METRO HALIFAX

Fall for Flamenco returning

The fifth annual Fall for Flamenco Festival is taking place in Halifax from Oct. 2 to 20.

The lineup was announced yesterday and is highlighted by a performance from Spain's La Zambra and Company.

Tickets go on sale Aug. 16. For more, visit flamencofestival.ca.

METRO HALIFAX

Hockey musical taking centre stage at film fest

No word yet if Olivia Newton-John will attend opening night ◗ Atlantic Film Fest tickets go on sale Aug. 13

PAUL MORIGI/GETTY IMAGES



▶ Olivia Newton-John

Score: A Hockey Musical has two things in common with Grease — it's a musical and it stars Olivia Newton-John.

This very Canadian movie will kick off this year's Atlantic Film Festival Sept. 16 to 25 in Halifax.

"There couldn't be a more exciting and lively way to begin our 30th anniversary than with this true celebration of film, music and hockey — three things that make Canada's heart race," said Lia Rinaldo, festival director, in a release.

Score is about 17-year-old Farley (played by Noah Reid), who shows promise on the ice but is sheltered by his culture-loving parents (Newton-John plays his mother).

Cape Breton's Allie MacDonald plays Farley's best friend Eve. There are also cameos from Nelly Furtado, George Stroumboulopoulos, Walter Gretzky and Theo Fleury.

The music in the movie includes songs by the Barenaked Ladies, Amy Sky, Marc Jordan, Hawksley Workman and Newton-John.

After a screening of the film, guests will walk up to Citadel Hill for the Opening Night Party.

Score is also opening the Toronto International Film Festival this fall and will hit theatres Oct. 22.

JENNIFER TAPLIN

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Pandemic over, but vaccine will still be offered

- World Health Organization declares H1N1 post-pandemic phase
- Vaccine will continue to be available in Nova Scotia, say authorities

METRO HALIFAX



▶ Parents line up to get their kids an H1N1 shot at theDartmouth Sportsplex in this file photo from December.



ALEX. BOUTILIER
@METRONEWS.CA

The H1N1 pandemic may be over, but Nova Scotia will continue to offer the vaccine for free this flu season.

The World Health Organization announced yesterday that the world is now in a post-pandemic period.

WHO director-general Margaret Chan said that H1N1 has "largely run its course."

Dr. Gaynor Watson-Creed, spokeswoman for Capital District Health Authority, said Nova Scotia hospitals will continue to offer the H1N1 vaccine as part of the regular vaccination strategy.

Watson-Creed said she wasn't surprised to hear WHO's announcement yesterday. "This isn't surprising to us, because our peak activity in the province of Nova Scotia was before Christmas of 2009," she said. Watson-Creed said the post-pandemic label does not mean there will be no more cases of H1N1, but this flu season will not be as severe as last year.

"We can't predict with any certainty which viruses will pop up in the winter."
DR. GAYNOR WATSON-CREED, CAPITAL DISTRICT HEALTH

WITH FILES FROM THE ASSOCIATED PRESS

HANTS COUNTY

Man held on impaired charge

Police have released the name of an East Preston man facing impaired driving charges after an incident on Highway 102 near Milford in Hants County on Saturday night.

Floyd Archibald Pelley, 52, is also charged with dangerous driving and driving while disqualified. He's been remanded to the Nova Scotia Correctional Facility in Burnside with his next court date set for Aug. 16 in Shubenacadie.

Police say the charges stem from the driver of a car being stopped by police after travelling north in the southbound lane of Highway 102 near the Milford exit.

METRO HALIFAX

51 charged for DUI in July

Halifax Regional Police charged 51 people with impaired driving last month, including the same person twice.

Police say a man pleaded guilty and received a $1,000 fine and a one-year driving prohibition after being arrested for impaired driving in early July.

Then, in the last week of the month, police say he was charged again. That case is still before the courts.

Of the 51 people charged overall in July, 42 were men and nine were women, ranging in ages from 18 to 78. Seven of those charges were issued following accidents, and 23 came in through 911 calls from the public.

Police also wrote-up nine 24-hour suspensions.

METRO HALIFAX

291
The number of people charged with impaired driving by Halifax Regional Police so far this year.

Former MLA dead at 77

Former Halifax-Cornwallis MLA George Mitchell died last Thursday at his home. The Liberal served as MLA from 1970-79, and was also a cabinet minister and speaker of the house. He returned to law after leaving politics.

METRO HALIFAX

Download system started

Library goers in rural Nova Scotia can now borrow books from their homes with the new downloadable book collection available to libraries across the province. The Nova Scotia Provincial Library invested $40,000 in the system.

NEW GLASGOW NEWS

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News in brief



Tory MLA to leave politics

LEGISLATURE. Murray Scott, a former Conservative cabinet minister and a longtime member of the Nova Scotia legislature, is leaving politics.

The member for Cumberland South says he plans to resign his seat before the end of the year.

After winning five elections, Scott, left, says the time has come to step aside and allow someone else the opportunity to represent the area.

The 57-year-old politician says he's looking forward to spending more time with his family.

A former police officer, Scott was first elected in 1998 and held several cabinet posts in the governments of John Hamm and Rodney MacDonald, including justice and transportation.

THE CANADIAN PRESS

Man remanded in custody

ANTIGONISH. A Dartmouth man charged in connection with a fatal New Year's brawl in Antigonish has made a brief court appearance.

Robert Harris Lamb, 20, faces a second-degree murder charge in the death of 25-year-old Jonathan Beaton, who is from Southside Harbour, Antigonish Co.



Beaton died in hospital early on Jan. 1, after police were called to a brawl that broke out at a house party.

Lamb, above, is remanded while he tries to find a legal aid lawyer and is scheduled to return to court tomorrow.

THE CANADIAN PRESS

THE CANADIAN PRESS



▶ Parks Canada is reluctant to follow Nova Scotia's lead on widespread coyote culls.

Coyote culls not in Parks Canada's plans

◗ Natural resources minister says he's concerned for folks in the wild ◗ But admits it's Parks Canada's call

Staff at a national park in Cape Breton will continue to trap and kill aggressive coyotes after two attacks within 10 months, but Parks Canada remains reluctant to follow Nova Scotia's example by calling for a widespread cull.

A spokesman for the agency confirmed yesterday that culls of other animals have been approved in other national parks, but he stressed that such an extreme measure probably wouldn't work in the sprawling Cape Breton Highlands National Park.

"It's something that's done in exceptional circumstances when other measures don't work," said Derek Quann, the park's resource conservation manager. "We haven't been thinking in those terms because it doesn't seem to be a really appropriate or effective path to pursue."

$20

In April, the province approved a controversial program offering trappers a $20 bounty for each coyote pelt, starting in October.

Quann said studies show coyote culls are ineffective because the animals have the ability to reproduce at a rapid rate even when their population is under stress.

Quann said park staff have found that "adverse conditioning techniques", such as the use of loud air horns and pepper spray, have been effective in deterring the park's coyotes from getting too familiar with visitors.

Hunting and trapping is not allowed in the federal park. **THE CANADIAN PRESS**

BIG CONCERT

Sky-high hopes in C.B. after Snoop gig



After one of the biggest concerts to hit Cape Breton in recent memory, promoter Stephen Tobin says "the sky's the limit" now when it comes to attracting big-name concerts and events to the island.

Sunday's sold-out Snoop Dogg show at the Sydney Marine Terminal was the first major venture for Tobin and his new company, Captive Promotions.

"They were excited for the future prospects and really the only question I got at the end of the show is 'what's next?'" Tobin said.

"I'm very, very proud to see what Cape Breton could pull off."

CAPE BRETON POST

Facelifts for N.S. prisons?

Prisons in Springhill and Dorchester could be among those in line for a facelift as Corrections Canada prepares to deal with an explosion in the inmate population thanks to Ottawa's cancellation of the two-for-one pre-trial credit.

It's expected the renovations will add 2,700 spaces nationally over three years and cost roughly $2 billion.

AMHERST DAILY NEWS

News in brief



▶ Dennis Forgeron

Recovery may be hard: TSBC

SYDNEY. A safety board official says recovery of the wreckage of the plane that dropped from radar near Sydney last week may be difficult.

Mike Cunningham, regional manager for air investigations with the Transport Safety Board of Canada, said it is odd that no debris has been found.

A Cessna 414A carrying 43-year-old Dennis Forgeron, formerly of Sydney, and fellow pilot Ronald David Johnston, 57, of Calgary, disappeared from radar late Thursday about 15 kilometres off Dominion beach in the Atlantic Ocean.

The two men are now presumed dead and a rescue effort turned into a recovery effort Saturday afternoon. **CAPE BRETON POST**

Biker taken to hospital

WRECK. The driver of a motorcycle that struck a garbage truck yesterday morning on Route 4 near Big Pond was taken to the Cape Breton Regional Hospital with undetermined injuries. **CAPE BRETON POST**

Tax break for chip makers

NEW MINAS. Nova Scotia is providing a $500,000 payroll tax break to help Frito Lay Canada with an upgrade at its New Minas plant. The company is spending over $2 million in new production equipment and a plan to make the facility more environmentally sustainable. **THE CANADIAN PRESS**

Pictou County about to be ticked off

Health officials say blacklegged ticks, the type capable of carrying and transmitting Lyme disease, have been found in parts of Pictou County.

Dr. Maureen Baikie, the province's deputy chief medical officer of health, says ticks are here to stay, but the risk of Lyme disease is low in most areas.

Baikie says it's important to be aware and take precautions when working, playing or hiking in grassy or wooded areas. **THE CANADIAN PRESS**

Ticks found

Ticks have been found in the following areas, which will be monitored closely:

- Melmerby Beach
- Egerton
- Kings Head and Pine Tree
- Powell's Point
- Thorburn

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STEPHEN HAWKING

Hawking says danger lies ahead

Stephen Hawking is suggesting the survival of the human race will likely depend on changing neighbourhoods and moving to another planet.

The famed physicist says in the centuries ahead, it will be hard for Earthlings to avoid a disaster on their home turf, and he recommends they avoid putting all their eggs in one basket — or planet.

Stephen Hawking writes on the website BigThink.com that Hawking sees great dangers ahead for the human race, noting such close calls as the 1962 Cuban missile crisis and warns about a ballooning population using up the Earth's finite resources.

THE ASSOCIATED PRESS

Flight attendant who quit gets bail



▶ This screen grab taken from MySpace shows flight attendant Steven Slater.

Judge sets airline industry veteran's bail at $2,500

Thousands go online to voice support for his actions

A judge has granted bail for a flight attendant accused of cursing out a passenger on an airplane public-address system, grabbing some beer from the galley and exiting on an emergency slide.

Steven Slater wore a slight smile yesterday as he was led into a Queens, N.Y., courtroom to be arraigned on charges of criminal mischief, reckless endangerment and trespassing. He was released late last night on $2,500 US bail.

Police and prosecutors said the 38-year-old airline industry veteran lost his temper Monday afternoon after a dispute with a passenger on a JetBlue airliner at Kennedy Airport, and then fled the jet by deploying the emergency chute and walking across the tarmac to an unlocked door that led to the street.

At the arraignment, defence lawyer Howard Turman said Slater was under stress because his mother has lung cancer.

Slater's actions drew sympathy from the public. On a Facebook page set up in his honour commenters were lauding the flight attendant's stand and calling for the arrest of the disobedient passenger. Slater was later arrested at his home in Queens.

THE ASSOCIATED PRESS

13,000

Number of people who had "liked" a Facebook page set up in Slater's honour by yesterday morning, lauding his dramatic stand.

Report says helmets needed

Provinces should force anyone riding a bicycle to wear a helmet says the co-author of a new report that found helmet use varies greatly across Canada.

"I mean, it's atrocious that in 2010, every province does not have some sort of helmet legislation," said Ryan Zarychanski, an assistant professor of medicine at the University of Manitoba. "Clearly, helmet legislation works and clearly it reduces serious head injuries and facial lacerations."

Zarychanski and three other researchers at the University of Manitoba and the University of Ottawa compared 2005 helmet use figures involving more than 4,600 respondents in three provinces with very different rules for cyclists.

Helmets were worn by 73.2 per cent of respondents in Nova Scotia, where helmet use is mandatory for everyone.

THE CANADIAN PRESS

Ontario to wager on Internet gambling

Finance Minister Dwight Duncan announced yesterday Ontario will spend the next 18 months looking at how to implement an Internet gambling program, launching in 2012.

THE CANADIAN PRESS

Poll shows Tories back in lead

A new Canadian Press Harris-Decima survey suggests Stephen Harper's Conservatives have rebounded from a brief mid-summer slump, taking a six-point lead over the Liberals. The poll put Tory support at 34 per cent.

THE CANADIAN PRESS

Presume innocence, Khadr panel told

The judge in Omar Khadr's war-crimes trial has told the panel of U.S. military officers on the jury panel that the accused is presumed innocent unless proven otherwise.

Col. Patrick Parrish told the potential jurors: "It is vitally important that you keep an open mind about this trial."

Toronto-born Khadr was in court for the jury selection.

He watched as the instructions were given yesterday morning.

Parrish told the panel that to convict, jurors must have "no reasonable doubt" as to guilt but needn't have "mathematical certainty."

Parrish also told them they would be able to ask questions of witnesses through him, but that he would decide if the questions were legally appropriate.

Under commission rules, 15 officers drawn in roughly equal numbers from the three major services branches are on the panel, but as few as five of them could be picked as jurors.

THE CANADIAN PRESS

Court

Unlike regular juries, unanimity is not required to convict the accused.

▶ **Sentence deliberation** The jury will also decide on a sentence, up to and including life behind bars

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News in brief

McDonald's tantrum caught on tape

FOOD RAGE. A security video from a McDonald's in Toledo, Ohio, shows a woman punching two restaurant employees and smashing a drive-thru window on New Year's Day this year because she couldn't get Chicken McNuggets.

Melodi Dushane says she was drunk at the time of the tantrum. She was sentenced to 60 days in jail last month and ordered to pay McDonald's for the broken window.

The video was released Monday when it became public record.

THE ASSOCIATED PRESS

StatsCan chief was to speak out on Tory census changes

DAMAGE CONTROL. Newly released documents show that the former head of Statistics Canada was set to speak out about the Harper government's controversial census change just before he abruptly quit his post.

The papers reveal that Munir Sheikh was going to tell staff that a voluntary long-form census survey would not be as effective as the current mandatory one.

They also show that the Privy Council Office, which serves the prime minister, was trying to control the statistics agency's public comments on the matter.

The revelations come from almost 200 pages of emails and briefing notes released yesterday in response to a request by the House of Commons industry committee.

In an unusual move, the government leaked the documents to the media before they were distributed to committee members.

Most of the documents were generated after the final decision was made and some are blacked out.

THE CANADIAN PRESS

Rescuers fight to save flood victims

Short-term aid and long-term assistance needed for victims to recover ◗ Scope of damage hard to assess

The death toll from landslides in northwestern China more than doubled to 702 yesterday, as rescue crews in three Asian countries struggled to reach survivors from flooding that has imperiled millions of people.

Rescuers digging by hand through mud found a 52-year-old man who had been trapped for more than 50 hours inside a levelled apartment building in the remote town of Zhouqu, where more than 1,000 other people were still listed as missing.

Pakistan's President Asif Ali Zardari returned home to a storm of criticism after visiting Europe as his country was gripped by the worst floods in its history. His arrival yesterday came as thousands of people fled a major city in central Pakistan as rivers threatened to submerge the area.

And rescuers in the desert mountainsides in Indian-controlled Kashmir recovered more bodies, with the death toll rising to 165 from flash floods.

Thousands of army and paramilitary soldiers continued clearing roads and removing the debris of hundreds of homes flattened in the Ladakh region. THE ASSOCIATED PRESS

SHAKIL ADIL/THE ASSOCIATED PRESS



▶ Residents of Sukkar, Pakistan carry their belonging as they flee flooded homes yesterday.

The magnitude

The devastation from the floods is immense.

- **China** Flooding has killed about 1,800 people this year and caused tens of billions of dollars in damage across 28 provinces and regions.
- **Pakistan** Two weeks of flooding have killed 1,500. The Pakistani Taliban, which is allied to al-Qaida and is fighting for the overthrow of the Pakistani state, urged the government not to accept Western aid for flood relief.
- **West** Western countries have given millions of dollars, and the U.S. effort has included helicopter relief flights in the stricken region.

Website allows students to bet on their grades

Site hopes to attract 3,600 students this academic year ◗ Whether they win will be up to themselves

A new website is taking wagers from students at U.S. colleges who want to bet on their own grades.

Just as Las Vegas sports books set odds on sporting events, Ultrinsic will pay top dollar for A's, a little less for the more likely outcome of a B average or better, and so on.

Students can also wager they will fail a class by buying what Ultrinsic calls "grade insurance."

The site is taking wagers from students at 36 colleges nationwide starting this month.

CEO Steven Wolf insists this is not online gambling, which is technically illegal in the United States, because wagers with Ultrinsic involve skill.

"The students have 100 per cent control over it, over how they do. Other people's stuff you bet on — your own stuff you invest in," Wolf says.

"Everything's true about it, I'm just trying to say that the underlying concept is a little bit more than just making a bet — it's actually an incentive."

Here's how Wolf says the website works: A student registers, uploads his or her schedule and gives Ultrinsic access to official school records.

The New York-based site then calculates odds based on the student's college history and any information it can dig up on the difficulty of each class, the topic and other factors.

The student decides how much to wager up to a cap, that starts at $25 and increases with use.

Colleges may not be able to limit use of Ultrinsic.

THE ASSOCIATED PRESS

It's a gamble

Legal definitions of gambling in the U.S. usually list three elements: chance, some sort of fee or wager and a prize.

- **Contests advertised on cereal boxes** Offer prizes and winners are chosen by chance, but the box always says "no purchase necessary."
- **Carnival games** Offer prizes for a fee, but skill is ostensibly required to win.
- **With Ultrinsic** Things are less clear as it's not entirely in the control of the player. Still, a common test to determine the role of skill — whether you can purposely lose — seems to apply to Ultrinsic.

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Just sayin'

PAUL SULLIVAN



Paul Sullivan's Just Sayin' column will return Aug. 18

TALIBAN KILLING AFGHANS: UN

The number of Afghan civilians killed or injured in the war soared 31 per cent in the first six months of the year, with Taliban bombings and assassinations largely responsible for the rise, the United Nations reported yesterday.

Hidden bombs and suicide attacks are killing and maiming so many Afghans that Amnesty International urged the Afghan government to seek prosecution of Taliban leaders for war crimes. Women and children are increasingly bearing the brunt of the conflict — even as NATO restrains the use of force on the battlefield.

The UN report found the number of deaths and injuries caused by NATO and Afghan government forces dropped by 30 per cent compared with the first six months of last year, largely a result of curbs on the use of air power and heavy weapons.

"Targeting of civilians is a war crime, plain and simple."
SAM ZARIFI, AMNESTY INTERNATIONAL

But the overall sharp rise in deaths and injuries indicate the war is growing ever more violent, undermining the coalition's aim of improving security for ordinary Afghans in the face of a virulent Taliban insurgency.

Violence has paralyzed life in much of the country, especially the south, where many people are afraid to work with the Afghan government, run a business or travel. The last two months have seen record death tolls for U.S. and NATO forces on the battlefield.

"The human cost of this conflict is unfortunately rising," said Staffan De Mistura, the top UN envoy in Afghanistan. "We are very concerned about the future because the human cost is being paid too heavily by civilians. This report is a wake-up call."

According to the UN report, at least 1,271 Afghans were killed and 1,997 were injured — mostly from bombings — in the first six months of the year. The UN said the figures represented a 31 per cent increase in civilian deaths and injuries over the same period last year.

The UN said the Taliban and their allies were responsible for 76 per cent of all civilian deaths and injuries. The report attributed the rise to greater Taliban use of larger and more sophisticated hidden bombs throughout the country and a 95 per cent increase in targeted assassinations.

An updated Taliban code of conduct distributed to insurgents in southern Afghanistan this month urged their fighters to avoid killing civilians, suggesting the militant leadership is also sensitive to a possible public backlash among their support base.

However, the Taliban consider anyone who works for or shows support for the Afghan government and its international partners to be traitors and legitimate targets for death. Roadside bombs intended for NATO convoys often strike civilian vehicles instead. Suicide attacks in outdoor markets and other public places routinely end up killing or maiming civilians.

THE ASSOCIATED PRESS

Cartoon

MICHAEL DE ADDER



A provocative reminder

Letters & Tweets

■ Eminem's Love the Way You Lie does not endorse domestic violence. It is rather a provocative reminder of the phenomenon.

None of the lyrics in the song suggest that Eminem, or Rihanna, endorse domestic violence. Contrary to the complaints of simple-minded and emotionally charged people, Eminem is not saying that domestic violence is an acceptable or glorifiable lifestyle; he is sending a message (to thousands of people at one time) that sheds light on the common cycles of violence that take place in abusive relationships.

Rapping against violence

KEVIN WINTER/GETTY IMAGES



Eminem's artistic portrayal of this sensitive topic may be misinterpreted, but that is through no fault of his own. He is not responsible for misunderstandings of the lyrics of his song.

Furthermore, the video rendition of the song does not endorse or glorify domestic violence any more than war documentaries endorse war. Like a documentary, Eminem and Rihanna's collaboration bring to light an issue that is often thrown into the background in the face of other issues. If somebody draws motivation to be abusive, that is not the fault of the artist, but the failure of the individual and the social system.

DENIS CANHASI

What would you do if you were prime minister?

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Metro Minute at an African dance class

Want to have a healthier you? Well, the Maritime Centre of African Canadian Dance wants you to come down and give them a try to get in better shape and have loads of fun at the same time.

The dance group offers afro-dance classes and workshops for every age and every stage of get-your-groove-on ability. The centre, located on Spring Garden Road in Halifax, blends dance, culture and creative expression into a mixture of fun and fitness while telling stories of African cultures. For complete information on the programs and activities offered through MCAD, visit mcafricancamps.com or phone 407-3301.

METRO HALIFAX

CONTRIBUTED



▶ The Maritime Centre of African Canadian Dance wants you to give one of their classes a try.

ECONOMY

Fed acts to support recovery

As recently as two months ago, the Federal Reserve sounded optimistic about the economic recovery. Now the central bank is clearly more worried, and economists say there is not much more it can do to help.

The Fed said yesterday that it would spend a relatively small amount of money — about $10 billion a month — buying government debt. The move is designed to drive interest rates on mortgages and corporate borrowing at least a little lower and help the economy grow faster.

In a statement after a one-day meeting, the Fed said the pace of the recovery "has slowed in recent months." After its last meeting in late June, the Fed was rosier, saying that the recovery was "proceeding" and the job market actually improving.

The decision to buy government debt was a shift from early this year when the Fed was laying out plans to roll back some of the measures it took during the financial crisis.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	Natural gas 1,000 cu ft	OIL	TSX
- 0.53¢ US	- 1.2¢ US	- $1.23 US	- 25.27
96.87¢	$4.297	$80.25	11,838.29
	Gold		
	- $4.50 US		
	$1,196.20		

Housing starts down for third month

TORSTAR NEWS SERVICE/FILE



▶ Canada's recent housing slowdown has been dramatic.

- Shows economy still fragile
- Mortgage rates rising

Canadian housing starts fell in July for the third straight month and home prices rose less than anticipated in June, according to new reports that reinforced signs of a dampening trend in the housing market that is expected to continue into next year.

Housing starts slid last month to the lowest level of home building activity seen since the start of the year, said TD Bank economist Dina Cover.

"Existing home sales have been trending down since the start of this year," she wrote in a report.

The number of new home starts fell to 189,200 last month, with the drop led by a decline in single-unit homes, according to figures released yesterday by Canada Mortgage and Housing Corp.

"Lower home prices have dampened the incentive for home building."
DINA COVER,
TD BANK ECONOMIST

July's figures came in just above market expectations for 185,000 new homes — but represented a 1.6 per cent decline from the previous month after the agency revised June's starts upward to 192,300 from 189,300.

In a related housing market report released yesterday, Statistics Canada said the New Housing Price Index rose 0.1 per cent in June following a 0.3 per cent increase in May. THE CANADIAN PRESS

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2 scene

The course of action

Summer blockbusters appeal to fans of '80s thrillers Stallone feeds the frenzy with The Expendables

STEVE GOW
SCENE@METRONEWS.CA

With the release of The Expendables soon upon us, so too will theatres be brimming with giddy fans of 1980s action movies.

After all, with a cast that includes Sly Stallone, Dolph Lundgren and Arnold Schwarzenegger, the thriller is a virtual flashback to the Reagan-era blockbuster.

However The Expendables is only one of several '80s-themed action movies Hollywood has discovered lately. This summer alone has seen the reimagining of such decades-old fare as The A-Team, Predators and Clash of the Titans. With more titles to come, it seems Tinseltown is now playing with the '80s action trend.

"There is an obvious nostalgic appeal for these viewers," explained Brock University film studies professor Barry Grant recently. He outlines that many movie-going adults are nostalgic for the decade in which they themselves were impressionable children.

"Hollywood would do much better to go back to the TV shows of the 1950s for inspiration."
BARRY GRANT, FILM STUDIES PROFESSOR AT BROCK UNIVERSITY

"For those viewers who are even younger, films that adapt '80s shows will be of interest because they'll want to see what all the fuss was for their parents."

From a producer's point of view, retooling a recognized brand is surely favourable in a risky, big-budget industry that relies on familiarity and a strong first-weekend box-office. Tackling such '80s action hits as Red Dawn, Conan and even Romancing the Stone (all of which are in production) will surely create a certain curiosity, but the trend is not without its critics.

"Hollywood's turn to the 1980s for subject matter bespeaks the general lack of vision and originality that is pervasive in American cinema today," said Grant.

Stars team for The Expendables

GETTY IMAGES



▶ Bruce Willis

Re-introducing The Expendables' Old Guard

Sylvester Stallone — King of the '80s Action Movie, Sly is best known for Rambo, Rocky and of course, that arm-wrestling action hero in Over the Top.

Dolph Lundgren — Recognized as Sly's Russian nemesis Ivan Drago in Rocky IV, Lundgren also starred in Masters of the Universe and The Punisher (1989).

Bruce Willis — Willis made the jump from TV to movies with 1988's Die Hard — which spun-off three successful sequels.

Eric Roberts — Roberts was introduced to action movies with 1989's Best of the Best — a sort of Rocky with martial arts.

Arnold Schwarzenegger — Stallone's main rival as '80s action hero, Arnie made such hits as Conan the Barbarian, The Terminator and Commando.

Mickey Rourke — Although he began as a dramatic actor, Rourke dipped his toe into the action-genre with thrillers like Double Team with Jean-Claude Van Damme.

STEVE GOW

SUBMITTED PHOTO



▶ Sylvester Stallone is back in fighting form with The Expendables, in theatres Friday.

News in brief





1 The award-winning documentary, Babies, will be screening for free at theatres across Canada this month in an effort to create awareness about child and maternal health issues.
METRO

2 The Rock and Roll Hall of Fame plans to celebrate its 15th birthday with a look back at the year rock's "King"" turned 21. An exhibit of photos taken of Elvis Presley in 1956 opens Sept. 13. THE ASSOCIATED PRESS

Group wants to restore dresses worn by Vivien Leigh in Gone With The Wind

PHOTO HANDOUT



▶ Mary Elizabeth Winstead and Michael Cera star in Scott Pilgrim Vs. The World.

Toronto gets starring role

Scott Pilgrim Vs. The World set in Toronto
Tourism officials hope to lure fanboys to the city

PHIL BROWN
SCENE@METRONEWS.CA

Scott Pilgrim Vs. The World opens this weekend with a cast headlined by the likes of Michael Cera and Jason Schwartzman. The film also has another star that might not be apparent until you see it on the big screen: Toronto.

Scott Pilgrim creator Bryan Lee O'Malley grew up in the city and based his graphic novels there. The film adaptation follows suit and while it's not uncommon for Toronto to double for another city in Hollywood movies, seeing a major film actually take place in Toronto is a novelty.

As a result, tourism officials are hoping the movie causes an influx of fanboy tourism like the Twilight series has done to the poor people in Forks, Wash.

"The initiative came about because we all wanted to promote this new movie that essentially uses Toronto as a character in the film," Joel Peters of Tourism Toronto told Metro. Peters is involved with a campaign designed to encourage fans to geek out about Scott Pilgrim all over the city this summer.

Through the TorontoLovesScottPilgrim.com fans can log on to see interviews with cast members talking about their favourite Toronto locations and apply for a movie-themed travel package that includes a stay at the Drake Hotel and trips to Scott Pilgrim backdrops like Lee's Palace and Casa Loma.

Toronto welcomed the production of Scott Pilgrim Vs. The World last summer with open arms and everyone involved in the movie now has favourite spots in the city. Although director Edgar Wright did jokingly reveal one major Canadian retail chain that didn't want to be a part of it.

"Shoppers Drug Mart said 'no.' There you go, let's call them out in Metro. They were the only store who wouldn't let us film there. They got really funny about it," he said.

Facebook group not giving up on DeGeneres

A campaign trying lure Ellen DeGeneres to be parade marshal for this year's Oktoberfest celebrations in Kitchener, Ont., won't take no for an answer.

Organizers of the Facebook campaign say they won't give up, despite hearing from a spokesperson for DeGeneres who said the talk show host won't be able to fit the parade into her schedule.

The campaign to bring DeGeneres to the region began last year after a photo of the parade made it onto her talk show.

Campaign organizer Linda Zavarella says she's looking at other options, including asking DeGeneres to send a video response. **THE CANADIAN PRESS**

MATT SAYLES/THE ASSOCIATED PRESS



▶ Ellen DeGeneres



HANDOUT



▶ Bear Grylls is back with another season of Man vs. Wild, but don't expect to see any more episodes with Will Farrell.

'Wild' camera nearly fells Bear

Adventurer Bear Grylls was surprised by a huge crocodile in Australia, navigated a shark-infested channel off Papua New Guinea and lost the ability to breathe while in free-fall at 30,000 feet during upcoming new episodes of Discovery's Man vs. Wild.

Yet it was a camera that almost did him in.

Grylls needed to be airlifted from a mountainside in the Canadian Rockies with a badly damaged leg after a camera on a sled slammed into him, the most heart-stopping moment in seven new episodes of the series that starts tonight.

The enthusiastic survivalist had glissaded down a mountain, zipping down the snow on his backside, and stopped himself suddenly by using an ice pick. The camera following him didn't stop, missing Grylls' head and shoulder by inches before hitting him in the leg. It didn't break a bone, but came awfully close.

His first thought was, "Wow, I'm lucky."

Then the tears came. It had been a stressful stretch of filming, and the emotion of it all came rushing out. The tough guy is only so tough.

He's filmed 65 episodes so far. This season, Discovery airs a behind-the-scenes episode that explains how the series is filmed, and another piece in which Grylls takes two of the show's fans on an adventure. There's no celebrity trek like last year's with Will Ferrell in Sweden.

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Lessons learned for T.I.

Rapper makes return from jail sentence with movie, new album ◗ Says he's more focused on family

Everything seems to be falling back into place for T.I. since the rapper ended a 10-month term inside a U.S. federal prison and a halfway house earlier this year.

He's got a movie, Takers, coming out Aug. 27 and a new album, King Uncaged, due in late September. But more importantly, the Grammy-winner is putting a stronger focus on his family.

The father of five recently demonstrated that commitment by getting married to his longtime girlfriend, Tameka (Tiny) Cottle, late last month.

"Right now, it's all about moving forward and just acknowledging the blessing that are here today ... Just moving past the regrets of yesterday — the things that could've been done better," said T.I. in an interview last month.

The 29-year-old served seven months in an Arkansas federal prison and three months in a Georgia halfway house on federal weapons charges and was released in March. He said he's been able to relieve the lingering guilt of being unable to protect his best friend Philant Johnson, who was killed following his post-performance party in Cincinnati in 2006.

"I got so down on myself about the loss of his life that I did not acknowledge the fact that I still had mine," he said.

THE ASSOCIATED PRESS

FREDERICK M. BROWN/GETTY IMAGES



▶ T.I. served 10 months for federal weapons charges and was released in March this year. Since his release he has gotten married, made a movie and a new album.

My TD Points covered my stay at a ski resort (even my ski lessons).



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Netflix spends $1B on movie rights

Netflix Inc. will pay nearly US$1 billion during the next five years for the online streaming rights to movies from Paramount, Lionsgate and MGM in a deal that could help Netflix attract even more subscribers.

The agreement announced yesterday marks another breakthrough in Netflix's bid to stock its online streaming library with more compelling material, so it can keep its subscription service relevant as more households order entertainment through high-speed Internet connections. The online streaming push also helps the company reduce its postage bill for mailing DVDs to its 15 million subscribers.



▶ A new deal signed yesterday means Netflix will be able to stream more movies over the Internet including Star Trek.

The deal also makes the three studios' joint pay TV venture, Epix, immediately profitable.

Analysts believe the influx of newer movies will enable Netflix to maintain its rapid growth of the past two years, lifting its earnings even higher despite the hefty licensing fees.

Viacom Inc.'s Paramount, Metro-Goldwyn-Mayer Inc. and Lions Gate Entertainment Corp. are selling Netflix the right to stream movies 90 days after they appear on the Epix pay channel offered through subscription TV providers such as Dish Network Corp. and Cox Communications Inc.

The first crop of movies to be released in Netflix's streaming library on Sept. 1 include G.I. Joe: The Rise of Cobra, The Pink Panther 2, The Curious Case of Benjamin Button and all of The Godfather movies. Over the next few months, Iron Man 2 and Star Trek will also be available for streaming.

The movies will be available for streaming on Netflix for 16 or 17 months, after which the rights will shift to basic cable channels.

Netflix now has movie streaming rights that cover about 46 per cent of new releases at the U.S. box office, said Ted Sarandos, Netflix's chief content officer. That's comparable to what Time Warner Inc.'s HBO gets for its pay TV channel.

"We are giving people more and more reason to stream instead of waiting to get their DVDs through the mail," Sarandos said.

Although mailing DVDs remains Netflix's bread and butter, Internet streaming has become the company's growth engine.

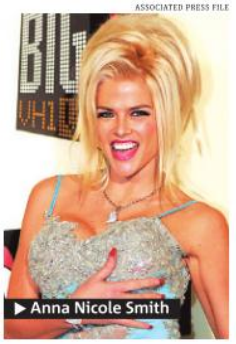
THE ASSOCIATED PRESS

Background

- **Netflix, which is** based in Los Gatos, Calif., offers unlimited Internet streaming along with DVD mailing for as little as $9 per month, a price that has held steady even as the company has substantially increased its spending to expand its online library beyond 20,000 titles, up from 2,000 just a few years ago.
- **The company spent** $117 million on streaming rights during the first half of this year, up from $31 million during the first six months of 2009.
- **They announced** in July that it plans to expand its service to Canada starting in the fall.

Virtual drugstore found in home

ASSOCIATED PRESS FILE



▶ Anna Nicole Smith

Many bottles at Anna Nicole Smith's house contained painkillers, opiates, sleeping meds

A month after Anna Nicole Smith died of a drug overdose, her psychiatrist gathered 44 different prescription drugs from Smith's seaside home in the Bahamas and delivered them to a medical examiner in Florida, according to testimony yesterday in the drug conspiracy trial of the psychiatrist, a doctor and Smith's boyfriend-lawyer.

Dr. Harold Schueler, chief toxicologist for Broward County, Fla., testified he met with Dr. Khristine Eroshevich in March, 2007, when she brought the cornucopia of pills and liquids to his office. Drugs also were found in the Florida hotel room where Smith died of an overdose of at least nine medications.

Under questioning by deputy district attorney David Barkhurst, Schueler said he did not find the powerful sleeping medication chloral hydrate in Smith's bodily fluids because it has a very short life of about four minutes. But he said he found metabolites showing the drug had been present in large amounts and had probably been taken for eight days straight. THE ASSOCIATED PRESS

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(even the Grand Canyon helicopter tour).



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Pee-wee's big bike adventure

STEVE MCENROE/THE ASSOCIATED PRESS



▶ Comedian Paul Reubens, better known as Pee-wee Herman, performs his Tequila dance earlier this week at the Buffalo Chip campground in Sturgis, S.D.

Paul Reubens has sights set on bringing '80s cult phenom Pee-wee Herman back to life

Mean machines and burly bikers didn't draw Amanda White to the world's largest motorcycle rally. She had her sights set on a bow-tied nerd in an ill-fitting grey plaid suit: Pee-wee Herman.

Actor Paul Reubens is reintroducing Pee-wee — his alter ego and 1980s cult character — to fans at the Sturgis Motorcycle Rally in South Dakota, which is expected to draw more than 500,000 people this week.

"I call it my Pee-wee pilgrimage," said White, a 29-year-old Minneapolis school teacher who had Reubens autograph her bicycle seat.

White is not alone. Plenty of Pee-wee fans have flocked to the Buffalo Chip campground outside Sturgis to see Reubens' character perform at a venue also hosting Ozzy Osbourne, Kid Rock, ZZ Top and Bob Dylan.

"Bob Dylan is here because people like him and Pee-wee is here for the same reason," said Buffalo Chip owner Rod Woodruff. "They are both American icons."

"I'm really bowled over by it," Reubens told The Associated Press Sunday. "There are people from all walks of life here."

Reubens filmed a remake of the infamous Tequila dance biker bar scene from his 1985 comedy Pee-wee's Big Adventure. On Monday, he was slated to participate in various charity events and host what was billed as the world's largest Tequila dance to the tune of the 1958 instrumental by the Champs.
THE ASSOCIATED PRESS

News in brief



All in the family politics

JUNEAU, ALASKA. Levi Johnston, above, may be following in Sarah Palin's footsteps. Johnston's manager confirmed a report on Variety magazine's website earlier this week Johnston is planning to run for city office in his hometown of Wasilla, Alaska, as part of a reality TV show. Johnston, 20, is the father of Palin's grandson, Tripp, and the recently off-again flame to her daughter, Bristol.
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Parole postponed for Lennon's killer

ASSOCIATED PRESS FILE



▶ Mark David Chapman

Yoko Ono continues to oppose Mark David Chapman's release from jail

The parole hearing for John Lennon's killer has been postponed for a month.

Mark David Chapman was scheduled to be interviewed this week at Attica Correctional Facility in upstate New York.

A spokesman for the Division of Parole said Chapman was told yesterday that his interview has been rescheduled for early September.

The parole board said it's awaiting more information so it has a complete record. It didn't specify what.

The 55-year-old Chapman has been denied parole five times and has appeared before the board every two years since 2000.

He's serving a sentence of 20 years to life for shooting Lennon four times outside the ex-Beatle's Manhattan apartment building in 1980.
THE ASSOCIATED PRESS

Being 'practical'

- Yoko Ono, 77, said in California last week that she was trying to be "practical" in asking that her husband's killer remain behind bars.
- John Lennon would have turned 70 this October.

Homegrown films for TIFF

Canuck films bound for film fest include Montreal-set thriller and the return of Fubar's hoser headbangers

A Montreal-set thriller from Jay Baruchel and Scott Speedman, the sophomore effort by Quebec phenom Xavier Dolan and the return of Fubar's hoser headbangers are among the Canadian movies bound for the Toronto International Film Festival.

Organizers say the slate of homegrown fare includes new films from directors Denis Villeneuve, Bruce McDonald, Jacob Tierney and Louis Belanger, and performances from homegrown stars Molly Parker, Don McKellar, Jill Hennessy, Jason Jones, and the late Tracy Wright.

Organizers are touting a diverse mix of documentaries, dramas, thrillers, comedies, "and a record number of dysfunctional families."

They include Dolan's comedy Heartbeats, about two friends who pursue a mutual obsession; the Tierney thriller, Good Neighbours, featuring Baruchel as the resident of a strange apartment building in Montreal's Notre-Dame-de-Grace neighbourhood; and Fubar 2, which opens the Midnight Madness section with Terry and Dean searching for wealth and more beer in the oil fields of Alberta.

The Toronto International Film Festival runs Sept. 9 through 19.

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Maestro recalls lean years

Rapper Wes Williams releases new self-help book ◗ 'My feelings got hurt a lot of the times'

Canadian rapper, actor and now author Wes Williams says he tapped into the darkest periods of his career when writing his new self-help book.

The 42-year-old — also known as Maestro — experienced unprecedented success and blazed a path for Canadian rappers in the late '80s and early '90s. But he says reliving the lean years that followed for his new book, Stick to Your Vision: How to Get Past the Hurdles and the Haters to Get Where You Want to Be, wasn't easy.

"I guess that's a part of being an author," Williams said during a promotional stop in Toronto, his hometown. "I gotta open up and talk about certain things that are a little uncomfortable to mention because, you know, you don't want to talk about having a wack audition, or people dissing your album. You don't really feel comfortable with that, because we're supposed to be strong and not show weakness and not show that things affect you.

"But I am affected by it. My feelings got hurt a lot of times along the way."

Birth of Maestro

In 1979, Wes Williams' father — a passionate music fan — brought home a record that changed his life: Sugarhill Gang's Rapper's Delight. He knew then he wanted to be a rapper and worked on his music throughout school.

DARREN CALABRESE/THE CANADIAN PRESS



▶ Wes Williams, a.k.a. Maestro Fresh Wes, poses in Toronto Monday. The musician has written a new self-help book.

Published earlier this month, Stick to Your Vision blends memoir with a treatise on self-confidence and ambition. It's divided into three sections — expectation, operation and destination — and encourages readers to clearly set out their goals before pursuing them with purpose and persistence.

He also dispenses lessons on networking culled from his own career. While promoting the book, he practises what he preaches, taking pains to learn the name of each reporter, photographer and publicist with whom he comes into contact.

The Juno Award-winning musician and Gemini-nominated actor says the idea for the book originated back in the late '90s, but he began working on it in earnest back in 2008, shortly after marrying Calgary native Tamara Hendricks-Williams, who co-wrote the book.

THE CANADIAN PRESS

I paid for a last-minute flight
to Paris with my TD Points
(even the airport taxes).

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Kidder still has Superman ball gowns

Margot Kidder still has the ball gowns.

"(They're from) when I was being Margot Movie Star," she said with a chuckle in an interview yesterday, referencing her high-profile days as Lois Lane in the blockbuster Superman films.

"You went to premieres and you went to charity dos and galas and all that sort of thing," continued the 61-year-old actress, who was born in Yellowknife and now lives largely out of the spotlight in Montana.

"Thank God I don't have to do that anymore. It's so much work!"

Kidder mined her clothing memories as she prepared to star in the play Love, Loss, And What I Wore, in which a panel of female characters give monologues about outfits they've worn.



"(They're from) when I was being Margot Movie Star." MARGOT KIDDER

The play, which has been a hit off-Broadway, is adapted from the book by Ilene Beckerman and a collection of stories by screenwriting sisters Nora and Delia Ephron.

The Canadian production, which began last month at the Panasonic Theatre in Toronto and was recently extended to Oct. 2, has a rotating cast. The second cast, which takes over Thursday, includes Kidder, Wendy Crewson, Cynthia Dale, Linda Kash and Lauren Collins.

Kidder plays the main narrator, Gingy, who muses about how her mother made almost all of her clothing when she was a child and she desperately longed for a store-bought outfit. THE CANADIAN PRESS

GETTY IMAGES



▶ Being a cad is charming as long as you play one on TV.

Kelsey debuts brand new blonde on the divorce network

With his divorce battle raging, Kelsey Grammer is reportedly "deeply in love" with a mystery blonde, according to Page Six. "He's pushing for a quickie divorce because things are moving quickly with his new girlfriend," a source says. "There is speculation that she is pregnant, but he wants to finalize the divorce before making any announcement." Grammer and the younger woman, who sources say is British and named Kate, were spotted holding hands in New York recently.

Grammer is best known for his roles on the long-running sitcom Cheers, where he played psychiatrist Frasier Crane, followed by a character-driven spinoff, Frasier, that ran for 11 consecutive seasons.

METRO WORLD NEWS

Talking points

First comes baby, then comes marriage

YAWN. Now that she's expecting a child with Sam Cooper, Lily Allen is also planning a wedding, according to Look magazine. "Marriage has never been a big deal to them, but now their friends are saying they may well marry just before the baby is born, or very shortly afterward," a source says. "They are looking for a new house in the Cotswolds, somewhere near her dad's place, as it'll be more peaceful than raising a baby in London. Lily says she won't have a nanny — she wants to do everything herself."

METRO WORLD NEWS

I paid for my all-inclusive vacation with TD Points (even the jet-ski rentals).



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Wedding's off for Hayden and Rachel

The pretty pair calls it quits for good after 'taking a break' from their 18-month engagement in June

After announcing they were taking a break from each other two months ago, Rachel Bilson and Hayden Christensen are no longer planning on getting married, Bilson's rep confirms to People magazine. "Yes, the engagement is off," the rep says without giving further details of the breakup. Friends of the actress say, "It just wasn't working out," citing distance as one of the main factors.

Although the couple tried to keep their relationship on the down-low in an attempt to appear discreet, nasty tongues wagged in speculation that the coupling was all an elaborate publicity ruse set up to promote Bilson's flagging career and to protect Christensen from rumours of homosexuality.

Bilson was previously involved with former O.C. co-star Adam Brody.

METRO WORLD NEWS

GETTY IMAGES

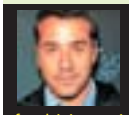


▶ They both independently realized neither was a good enough actor to continue faking their relationship.

Celebrity tweets



Joel McHale [@joelmchale] I still haven't seen Inception but Body of Lies came on HBO so I started rotating my tv every 2 minutes to c if I could save 15 bucks. Nope



Jeremy Piven [@jeremypiven] Pulled over for driving 82 in a 70, that's like being punished for spanking in an orgy.

METRO WORLD NEWS

Talking points

AI winner defends herself

ACCOUNTABILITY WASN'T ONE THE SONG GENRES SHE ACED. Former American Idol star Fantasia Barrino is disputing claims that she participated in a sex tape with a married man, Antwaun Cook, causing the breakup of his marriage. Barrino's manager says his client is "certain that she is not responsible for the deterioration of Cook's marriage," according to Us Weekly.



Let's have a song about entitlement, Fantasia.

METRO WORLD NEWS

I paid for a resort in paradise with TD Points (even the scuba lessons).



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Talking points

Joe and Ashley a new item?



A MATCH MADE IN SQUEALY TWEEN HEAVEN. Joe Jonas and Twilight star Ashley Greene are feuling speculation that they're an item, according to Popsugar. Jonas recently stopped off in L.A. on a brief break from his summer tour and apparently spent much of his limited time with Greene, with whom he reportedly shared an intimate lunch date last month. After their most recent afternoon together, Jonas was back on a plane to Ohio to rejoin his brothers. Joe Jonas recently broke up with Disney star Demi Lovato, and famously dumped Taylor Swift by text message.

METRO WORLD NEWS

Pals worry Jessie's man a 'freeloader'

While Jessica Simpson appears to be having a great time with new boyfriend Eric Johnson, friends are worried he's just a freeloader, according to In Touch. And the recently divorced Johnson's ex-wife, Keri Johnson, isn't helping matters, telling the magazine, "Eric is plain out of money. He was going to grad school because he didn't know what else to do, and then he just dropped out."

Simpson has had a string of failed romances, most famously with her ex-husband Nick Lachey, musician John Mayer and Dallas Cowboys player Tony Romo.

The pop star, whose music career has all but stalled, often comes across as needy and cloying in the media, and controlled by her father, Joe.

METRO WORLD NEWS

GETTY IMAGES



▶ She's needy, he's an opportunist. What's the problem?

3 life

Top pick

Travel find this week:

1 New Hampshire: There are many ways to explore New Hampshire — by car, motorcoach, motorcycle, mountain bike, on foot, kayak and airplane. Why not add horseback riding to the mix. Check out visitnh.gov for further information on suggested places to enjoy a day of horseback riding and test your equestrian skills.





New routes added to Ontario Bike Train include the Muskoka region

FLICKRCC EUGENE REGIS



▶ Dunstanburgh Castle, a 600-year-old fortress built by Earl Thomas of Lancaster.

The Real Hogwarts

Tracking down Harry Potter's school and the other historic castles of northern England

DAVID PAUL
TRAVEL@METRO.LU
METRO WORLD NEWS

The boy wizard Harry Potter learned the basics of magic at one, the ghost of a headless nobleman haunts another and you can get married in a third.

We're talking castles here, the splendid and richly varied castles of Northumberland, England's northernmost county.

Rebellion, battles and bloodshed have been played out on Northumberland's soil for hundreds of years.

The days of warfare against the invading hordes of Scots, Vikings and endless others are thankfully long gone, but the legacy is a glorious network of castles, with secrets and tales for tourists to discover behind almost every stone.

In the market town of Alnwick you'll find a castle that may seem strangely familiar. It had a starring role in two of the Harry Potter movies as Hogwarts School and has also featured in TV comedy shows including Blackadder and the historical movie Elizabeth.

Alnwick Castle has been home to the Percys, the Earls and Dukes of Northumberland, since 1309 and the current Duke and Duchess still live there. Younger visitors get the chance to dress up as medieval knights, while older guests may prefer one of the regular Shakespeare performances staged in the castle grounds on summer evenings.

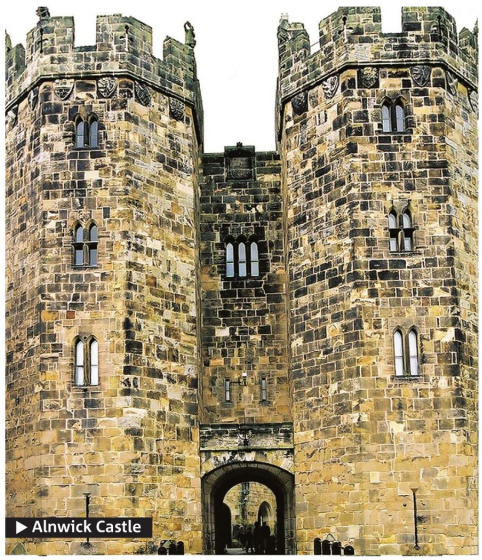
Nine miles east of Alnwick, beside the North Sea, lie the eerie ruins of Dunstanburgh Castle. It's a 600-year-old fortress built by Earl Thomas of Lancaster, a cousin of King Edward II. Thomas was executed in 1322 for leading a rebellion against the King and it took his executioner 11 blows to chop off his head with an axe. Thomas' tortured ghost is said to haunt the ruins carrying his mutilated head in his arms.

"There are secrets and tales for tourists to discover behind almost every stone."

If you miss seeing headless Thomas as you hike through the ruins, make sure you don't miss out on the fabulous crab soup and sandwiches served up at the Jolly Fisherman pub in the nearby village of Craster.

Those who like their castles with a touch of romance won't want to miss a visit to the hugely atmospheric Lindisfarne Castle.

It's an Elizabethan fort built in 1550. It is set on Holy Island, a rocky crag three miles off the coast of Northumberland that is only accessible twice a day when the North Sea is at low tide. Ignore the tide times at your peril as you'll have to face the embarrassment of being rescued by the lifeboat crew from the nearby village of Seahouses.



▶ Alnwick Castle

At low tide couples happy to splash out the £750 ($1,224) fee can get married in Lindisfarne Castle's beautiful barrel vaulted drawing room, known as the "Ship Room."

Metro lists the top four castles to visit on page 20.

For more information check out visitnorthumberland.com

Waterfront view

Venice is one of those rare destinations that really lives up to its billing Yes it's expensive and a bit touristy, but bite the bullet and enjoy all it has to offer

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METRO WORLD NEWS IN LONDON

SEE
The canals

Let's be honest, it's what you're here for. And while they can honk a bit in high summer, they don't let you down. You wonder how the Venetians ever pulled it off, but you'll go away genuinely marvelling.

HEAR
The gondoliers

A little bit cheesy these days, but what the heck, you haven't come to Venice to be cool. Also be prepared to get fleeced – it will cost you upwards of €80 ($108), so get over yourself and enjoy the experience.

EAT
Ice cream

The Italians take their ice-cream a bit seriously, but that doesn't mean it is universally good. So shop around. Our tip would be Gelateria Nico on the Waterfront. Oh, and try ice cream for breakfast, you'll never look back!

DRINK
Bellinis

At Harry's Bar, where else? It's expensive, it can sometimes be a bit soul-less too, but it's has the Hemmingway seal of approval and that's good enough for us. Luckily just around the corner, there are many other local bars where you can drown your sorrows after getting the bill.

WEAR
Dolce & Gabbana

Or Armani at a pinch. The Venetians are a fiercely fashionable bunch so make sure you know what you're doing. Failing that the standard-issue tourist kit of jeans, band T-shirt and some kind of headwear – it can get fiercely hot.

DO
A canal tour

There are many walking/canal tours and though they feel touristy they are a great way of packing the city into one day and combining Rialto Bridge with the Doges Palace and St. Marks Square. viator.com

DON'T
Think you'll do it on the cheap

Venice is expensive – period. Coffee is €5 and up, gondolas can leave you €150 ($203) out of pocket, and a decent meal will cost €80 ($108). If you want cheap, look elsewhere.

FLICKRCC BRATHA



▶ Blue lagoon: Bite the tourist bullet and don't miss a gondola ride.



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Head to Valencia: Costa del fun!

Valencia is one of Spain's hidden gems. As funky and metropolitan as Barcelona but with a beach vibe that feels more like Ibiza

PAUL BALDWIN
PAUL.BALDWIN@METRO.LU
METRO WORLD NEWS

Why go now?
Because summer on Playa de Malvarrosa rocks.
Valencia's most famous beach is a mix of the beautiful and the wasted, hedonism and carpe diem. And the city ain't bad either. It's stylish and chic, sort of like Barcelona only more intimate and laid back. Just keep away from Benidorm.

It's my first time – what should I do?
Well, the beach obviously. But after that go to the The City of Arts and Sciences, a massive development of five areas in the dry river bed of the now diverted River Turia. The "city" is made up El Palau de les Arts Reina Sofía — Opera house and performing arts centre; L'Hemisfèric — Imax Cinema, Planetarium and Laserium; L'Umbracle — Walkway/Garden; El Museu de les Ciències Príncipe Felipe — Science museum; L'Oceanogràfic — Open-air oceanographic park. And it's all beautiful. Great at night, too.

I've been there before – what should I see this time?
Las Fallas. From March 15 to March 19, Valencia celebrates the feast of St Joseph in spectacular style. More advanced pyrotechnics than you can shake a stick at (every day at 2 p.m.), bonfires every where you look, giant paper mache figures paraded through the streets. Oh, and drink is taken. Not for the faint-hearted but this is the mother of all fiestas.

Where's the best shopping?
No contest — Mercado Central on the Plaza del Mercado in the heart of the city. This 1920s beauty stands across the street from La Lonja, the silk exchange that dates from 1482 and is one of the most splendid examples of secular Gothic architecture in Spain. A huge, airy building, with light streaming through the stained glass and with huge blowsy Valencian women fighting over the bargain sausages.

For more information check out turisvalencia.es


▶ Costa living: Valencia's beach is busy by day and buzzing by night.

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A Belgian sparkler

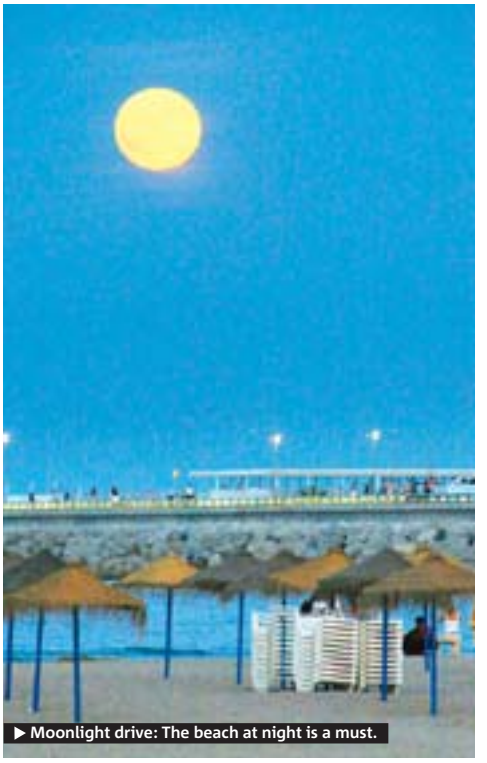
Antwerp is the diamond centre of the world with 80 per cent of the globe's gems passing through the city But the stones aren't the only beautiful things

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▶ Moonlight drive: The beach at night is a must.

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Spend the morning



Diamond district

awdc.be

Locals have traded precious stone since the 15th century and today 1,800 dealers line the square km around the Central Station in the Diamond district. Amazingly 80 per cent of the world's rough diamonds, and 50 per cent of the cut diamonds go through Antwerp.

Spend the afternoon



With Antwerp's most famous son

Royal Museum of Fine Arts
kmska.be

The artist Peter Paul Rubens lived and worked in the Antwerp of the early 17th century. Many of his works (and many other masters) hang in the neoclassical Royal Museum of Fine Arts, in Leopold De Waelplaats.

How I'd spend the night



On an evening stroll

Start at Conscienceplein to check out the bars and restaurants around the Church of St. Charles Borromeo then stroll through the historic city centre in the vague direction of the De Muze pub for a spot of jazz and an 'at Nine' cocktail. The final destination would be Café d'Anvers, Antwerp's dance temple.

Where I'd have dinner



Grote Markt

Antwerpen 2000

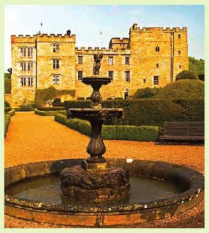
The restaurants in and around Grote Markt excel in typical Flemish dishes such as mussels, Brussels endives, and beef stew with De Koninck beer. But for a real taste of Antwerp authenticity a portion of French Fries at the famous Number One chip shop is the pony to bet on.

METRO WORLD NEWS

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Four castles to visit

England's Northumberland is home to some of the world's best palaces



MOST HAUNTED
Chillingham Castle

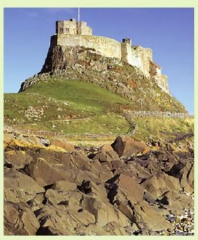
Reputed to be the most haunted castle in England, the spooks include the "Blue Boy," whose screams once terrified guests. The body of a boy was eventually found hidden inside one of the castle walls, his fingers worn down from trying to scratch his way through the stone. The castle dungeon held men whose arms and legs were broken before they were thrown into a cell.

FLICKR CC GLEN BOWMAN



MOST FUN FOR A FAMILY
Alnwick Castle

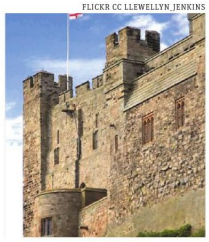
No child is going to want to miss a visit to Hogwarts. But Harry Potter aside, youngsters who go to Alnwick also get to dress up as medieval knights or princesses and take on the Dragon's Quest — a scary but fun learning experience and tour of the castle's treasures. Nearby is the Alnwick Gardens, acres of fascinating plants, water sculptures and one of the world's largest tree houses.



MOST REMOTE
Lindisfarne Castle

Built on Holy Island off the Northumberland mainland, you have to drive along a five-kilometre causeway when the North Sea is at low tide to reach it or get home again. Three hundred years ago English ships used to dock here to be safe from attacks by the Scots. These days the island provides a refuge for seals. Fabulous fresh mussels are harvested from the shore.

FLICKR CC LLEWELLYN_JENKINS

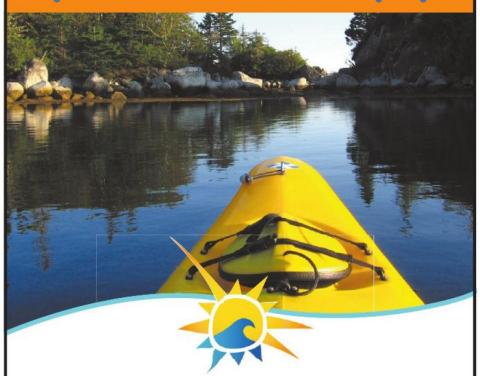


MOST IMPRESSIVE
Bamburgh Castle

An iconic structure dominating Northumberland's shoreline from a 45-metre rock plateau. Battles have been won and lost on this site since the first century BC. The Vikings destroyed one version of the castle, the Normans built another, and the current version is largely the work of the Victorians. Dramatic sea views out to the Farne Islands, it overlooks a lovely beach - perfect for picnicking.

DAVID PAUL

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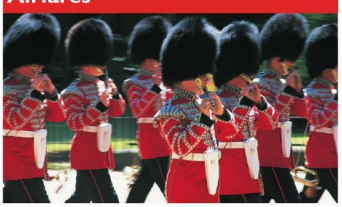
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THE CANADIAN PRESS PHOTOS



▶Storm Luck displays a fresh coho salmon for sale at The Salmon Shop at the Granville Island Public Market in Vancouver.



- Vancouver's Granville Island market is a favoured local hangout and must-see for tourists
- Taste buds are tempted with an array of colourful fruits, veggies & other gastronomic delights

B.C. market is a foodie paradise on the waterfront

Visitors to Vancouver's famed Granville Island public market wouldn't be alone in imagining the tune Food Glorious Food being piped into the place that's a favourite hangout for locals and apparently a must-see destination for tourists.

Maybe it's the array of colourful fruits and vegetables beckoning people at stall after stall or the mouth-watering green olive bread vying for attention with the apple focaccia over here and the salmon and oysters seemingly eyeing eaters over there.

Anyone overcome with a desire to click their heels and go for the nearest gastronomic delight would be in good company at this foodies' paradise.

"We're investigating our lunch options and, of course, as typical, we've already picked out our desserts," says Ted Lemmond of Portland, Ore., a first-time visitor to Vancouver, along with his wife and two kids.

"It's fresh and wonderful," he says, surveying the eats as his son takes a few seconds to decide on what kind of sushi to order.

The public market is part of the bustling Granville Island scene that includes water views of False Creek, theatres, North America's largest free water park for the kids, cafes, a brewery, artists selling their wares and crowd-drawing free performers.

Granville Island spokesman Scott Fraser says the island was recognized as the best neighbourhood in North America in 2005 by the New York-based non-profit organization Project for Public Spaces.

Besides the indoor public market, there's an outdoor farmers market featuring fresh produce from local fields. This year it runs until Oct. 21.

The Pacific Institute of Culinary Arts is located at the entrance to the island, underneath the Granville Street Bridge, and is the only private cooking school in Canada where would-be chefs operate a restaurant and bake shop.

But back to the food at the public market.

At the Oyama Sausage Company, co-owner Christine van der Lieck is tending to a long lineup of customers who have 30 varieties to choose from.

There's everything from smoked Mennonite bratwurst and spicy bison to Italian salamis such as finocchiona made with wild fennel to give it a kick and a mild one concocted from wild B.C. honey and raspberry syrup.

The creations are the handiwork of van der Lieck's husband John, a fifth-generation master sausage maker trained in Germany.

THE CANADIAN PRESS

Pacific delicacies

At the Salmon Shop, one of three seafood stores at the Granville Island market, Storm Luck seems right at home with the wild B.C. salmon, octopus, clams, mussels and other delicacies from the Pacific Ocean.

Luck says salmon is a huge draw for tourists and is packed for travel to Europe and the United States. "We pack it for 24 to 36 hours," he says, proudly holding up a coho for a photo. "A lot of people travelling to Asia will take the frozen sockeye."

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THE CANADIAN PRESS



▶ Roasted Heirloom Tomato Tart.

Ingredients:
- 8 red or striped heirloom plum tomatoes (about 625 g/1 1/4 lb)
- 250 ml (1 cup) yellow teardrop or cherry tomatoes (about 300 g/10 oz), halved lengthwise
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper
- 1 sheet (from 450-g pkg) frozen butter puff pastry, thawed and cold
- 1 egg, beaten
- 250 ml (1 cup) shredded Gruyere cheese
- 10 ml (2 tsp) chopped fresh thyme or oregano (or 2 ml/1/2 tsp dried)

Preparation:

1. Line 2 rimmed baking sheets with parchment paper or leave ungreased; set aside.
2. Cut red tomatoes crosswise into 1-cm (1/2-inch) thick slices. In a bowl, gently toss together red and yellow tomatoes, oil, garlic, salt and pepper; spread on one of the prepared pans. Roast in 200 C (400 F) oven until slightly charred and shrivelled, about 30 minutes. Let cool. (Make-ahead: Refrigerate in airtight container for up to 1 day.)
3. On lightly floured surface, roll out pastry into 25-cm (10-inch) square; transfer to second pan. Using fork, prick pastry at 2.5-cm (1-inch) intervals all over; refrigerate for 30 minutes.
4. Bake pastry in centre of 200 C (400 F) oven until light golden and puffed, 12 to 15 minutes. Let cool slightly.
5. Lightly brush pastry all over with some of the egg; sprinkle with cheese, leaving 2.5-cm (1-inch) border. Arrange red tomatoes in overlapping rows on cheese. Scatter yellow tomatoes over top; sprinkle with thyme.
6. Bake until golden and puffed, 12 to 15 minutes. Let cool for 5 minutes; cut into squares. Serve warm or at room temperature. (Make-ahead: Let cool. Cover and refrigerate for up to 1 day. Reheat in 180 C/350 F oven for 5 minutes.) THE CANADIAN PRESS

Superfood: Olive oil



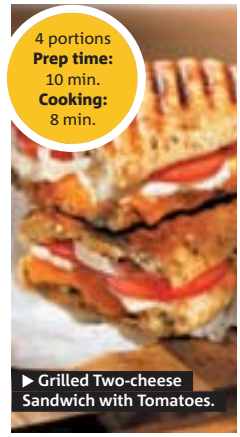
A staple of the Mediterranean diet, the benefits of olive oil far outweigh the negative associations normally linked to fatty foods. Composed mainly of healthy 'monosaturated fats', diets where olive oil is used as the main source of fat tend to be linked to lower rates of heart disease, diabetes, asthma and colon cancer. Extra virgin olive oil is derived from the first pressing of the olive and the end result is an oil with high levels of anti oxidants, including vitamin E for glowing skin. ROMINA MCGUINNESS



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grilled cheese sandwich

Ingredients :
- 2 oz. aged light cheddar cheese, thinly sliced
- 1 oz. light mozzarella cheese, thinly sliced
- 4 slices plum tomato
- 4 slices whole wheat bread



▶ Grilled Two-cheese Sandwich with Tomatoes.

With a new school year approaching, extracurricular activities, homework and play dates, making a healthy lunch or dinner can seem like a big challenge. However, Rose Reisman, a health and wellness consultant and national spokesperson for Breakfast for Learning, shares this grilled cheese recipe that is quick, easy and nutritious.

"Opting for flavourful unprocessed cheeses and cooking spray instead of butter or oil, gives the classic kid's recipe a healthy boost," says Rose. "Add carrot sticks and a glass of milk for a complete and nutritious meal."

Tip: Prepare sandwiches early in the day but grill just before serving.

Preparation:

1. Divide the cheddar and mozzarella between 2 slices of bread. Top with the sliced tomatoes. Cover with the remaining 2 slices of bread. Lightly coat both sides of each sandwich with cooking spray.
2. Lightly coat a nonstick skillet with cooking spray and place over medium heat. Grill the sandwiches for about 4 minutes per side, being careful not to burn them.

NEWS CANADA

Want to stop 'Effing' up?

A new book, Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups, offer tips to stop 'effing' up Metro talked to author and neurologist Dr. Sean Kenniff

NATALIE GAVILANES
METRO WORLD NEWS

Q: How did you come up with the title "Stop Effing Yourself"?
A: (Laughs) Well, I myself was a self-saboteur. I ruined a lot of opportunities for myself, so I decided to delve into the psychology of someone who self-sabotages and realized that it was something that was actually common and complex for a lot of people.

Q: How would you characterize a self-saboteur?
A: Everyone has a person who was "the one who got away" and sometimes (the self-sabotaging that led to that is) small, but other times it's a big problem. And the people who self-sabotage know it. A self-saboteur would live paycheque to paycheque — not really have a budget. They wouldn't be satisfied with their job, they would be wasting time at work. Basically, if you count the number of times that you say "Why did I do that?" and say it more often than you'd like, then you probably are a self-saboteur.

Q: How do you make sure you don't self-sabotage when having drinks with the boss?
A: Never bring up politics or religion. Never discuss your past and never ever talk badly about anyone. Definitely don't drink too much. Basically, all the Christmas party rules apply here.

The book



Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups is available now.

ISTOCK



▶ Have you made one too many cringe-worthy mistakes at work? Perhaps you should give Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups a read.

News in brief

U.S. grants accreditation to B.C.-based Quest U

EDUCATION Recently, Quest University, a B.C.-based non-profit liberal arts and science institution, was awarded full accreditation by the American Academy for Liberal Education (AALE), an accrediting body recognized by the U.S. Department of Education. In March, the AALE evaluation team spent a week at the institution to carry out a site evaluation. According to the award letter, the evaluation team's report "commended the excellence of your instructors and the high quality of your students who were unusually engaged, articulate and thoughtful." Quest University is also fully accredited by B.C.'s advanced education ministry through its Degree Quality Assessment Board, making the institution one of the few universities in North America fully accredited in both Canada and the U.S., according to their website.
METRO

Renison Institute coming to Toronto

EDUCATION Renison University College's English Language Institute plans to establish a satellite campus in Toronto. Operated in partnership with Hudson College, a private school offering programs from pre-kindergarten through university and college entrance, the new campus will first offer the high-intermediate and advanced levels of the institute's English for Academic Success (EFAS) program.
RENISON NEWS RELEASE

Cambrian centre props sustainability

EDUCATION Last week, Sudbury's Cambrian College held a groundbreaking ceremony for its Xstrata Nickel Sustainable Energy Centre. The facility will provide opportunities for students, faculty and local community to acquire the skills and practical experience to become leaders in the green-collar economy.
CAMBRIAN NEWS RELEASE

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Have an office peacock?

So you say you want some recognition? Fine, but preen your neck for a burst of applause and you might devolve into the office brag

DREW HINSHAW
METRO WORLD NEWS

Does the suspender-snapping, swell-headed creature flaunting his or her petty triumphs like peacock feathers at every staff meeting bother you? Bragging is not always a good thing, but it can be done well.

"People need to be able to talk about themselves and their work," says Peggy Klaus, author of Brag! How to Toot Your Own Horn Without Blowing It. "Think of it as taking pride in what you're doing. But it's a fine line."

The flashiest in the office pool, Klaus says, tend to launch each grandiose sentence with am emphatic "I," she says, "Like 'I did this; I've done that."

If that includes you, then consider adopting the first person plural.

"Spread the credit around," advises career coach Jane Cranston. "Use 'we,' like 'we're the best,' and not 'we're the best because I'm the No. 1 manager in the nation.'"

A subtle self-trumpeter, Klaus says, can play an Ode to Moi without anyone at the roundtable even realizing what just happened.

"Weave your successes into a very short, pithy conversation 'brag-o-logue,'" she says. "It can be 5, 15 or 20 seconds, and it is said with a lot of enthusiasm and delight."

Better yet: Let your handiwork do the gloating.

"Make sure everything you do has a certain look, a consistency, a standard," Cranston suggests. "They'll know it's yours because it has your signature on it."

Best of all?

"Get somebody to brag about you, for you," Cranston adds. "It has so much more power."

Before you boast

- Career coach Jane Cranston offers three questions you should ask yourself before you saddle up on your high horse:
- "Am I talking about myself, or am I talking about business? Because this is about business."
- "Am I using facts to back this up, or am I using emotion? People need to keep a factual track of their successes."
- "Is this a sign of insecurity? "Often, bragging is."

ISTOCK



▶ If you're peacocking, it's probably best you stop.









From home to school

It's almost time for soon-to-be college and university freshman to make their first move

ISTOCK



▶ Moving off to college can be an exciting time, but there are things that must be taken care of beforehand.

When your child moves away from home for college or university, there are important changes and responsibilities to consider. Along with the emotional stress of having your young graduate leave home, you also need to consider what the move means for your finances and insurance policies.

Being informed about your insurance coverage is crucial for your child's protection and wellbeing. While many policies extend parents' coverage to kids in university, other policies encourage college students to purchase their own insurance.

"Parents need to know whether their insurance extends to their children when they are buying a car or moving into an apartment or residence," says Wayne Ross, insurance expert at Aviva Canada. "You could find yourself facing a financially-stressful situation that could easily have been avoided."

For a stress-free transition, Ross offers the following helpful tips:

Scope out apartments:

Living off-campus can help students develop a sense of independence and save some money. However, consider buying a tenant policy in your child's name so their personal property is protected.

Keep track of their finances:

University life goes hand-in-hand with expensive purchases like computers and other electronics. Stick to a budget, keep track of your purchases and verify what your insurance covers.

Check your car insurance:

Whether your child takes his or her car to university or intends to drive on visits home, call your insurance company to check what your policy includes.

NEWS CANADA

More online

- Following these tips can help you breathe a little easier during this time of transition. More information is available from your insurance broker or online at avivacanada.com.

Keeping your kids active can help them learn

Does your child love to rock out to music or enjoy a competitive game of kickball with the neighbourhood children? Getting and keeping children moving has more than just physical benefits, it also stimulates children's most vital organs … their brains.

Like adults, children need regular exercise. Experts recommend children get at least one hour of physical activity every day. Regular exercise not only strengthens the body, but it lowers stress levels, which can help children stay focused in school.

According to a recent study funded by the National Institutes of Health, children who play vigorously for 20 to 40 minutes a day are also better able to organize schoolwork, complete class projects and learn mathematics. The link between learning and movement demonstrates how important it is for children to exercise daily.

So how you do get your children's blood pumping to the brain in the age of video games, computers and cellphones? Here are a few tips from Kumon:

Encourage your children to play games that include critical thinking as well as physical activity. Games like hide-and-seek require strategic thought, observation and lots of running. Try playing hopscotch, kickball, jump rope or freeze tag with your children. While simple in nature, each of these games requires reasoning and strategy as well as physical prowess.

Children love adventure and role-playing. If your children's favourite bedtime story is set in the jungle, encourage them to act out the identities of the animals. Ask them what a lion or a monkey sounds and behaves like, and let them put on a little show for you. Later, reread the story together so they can read more about the animals and perfect their performances for the next time around.

More information is available online at kumon.ca.

NEWS CANADA

Examples

- **Set an example** by being active with your children. Ask them questions about their games, and encourage them to use their imaginations while having fun. When the weather is nice, go on nature hikes in a nearby park or forest preserve. If you live in the city, create a list of items that can be collected and go on a scavenger hunt to find items on your list within a certain period. To keep kids active and learn new skills, consider signing up for a class together through a community centre or local program. Most children love it when their parents get in on the action.



Sambro a semi-mystical village for playwright

Great day trip for nature lovers ‘Park your car and walk around’

JON TATTRIE
FOR METRO HALIFAX

Appearing on a bend of Highway 349 as the Halifax harbour yields to the Atlantic Ocean, Sambro reminds one of the mythical Scottish village Brigadoon rising out of the mist, says resident and playwright Catherine Banks.

Banks, who won the 2008 Governor-General's Literary Award for Drama for Bone Cage, recently gave Metro a guided tour of her personal highlights.

“I love everything here. Park your car and walk around,” is her basic advice.

Banks suggests finding a comfy spot along Sambro harbour to watch the fishing boats come and go. “Particularly on a Sunday afternoon, when all the pleasure boats are out, too,” she says.

She’s a fan of taking photos of the fish as they come off. “Of course, in my stupidity, I thought they would all have their heads on. I got ready to see these wonderful sword fish with their swords, but of course the heads are long gone,” she laughs.

Banks has also spotted whales and seals chasing fish into the harbour and was once close enough to hear the whale breathing.

For an al fresco art show, she points visitors to the Sambro-Ketch Harbour Elementary School at 3725 Old Sambro Rd. The students recently created a fish out of cedar shingles on which they painted a scene from their community.

Banks, who has just finished her second play, It Is Solved By Walking, also recommends a contemplative stroll through the old, overgrown cemetery near St. James United Church.

If you visit Sambro during a full moon or for a sunset, you’re in for a treat. “It’s lovely to be out here on the rise of the full moon,” Banks says.

“The light and colour is incredible. It’s amazing, the stillness of the water at that time of day.”

Diver’s paradise

- Sambro is a popular spot for divers, as many ships have been wrecked off the coast.

JON TATTRIE/FOR METRO HALIFAX



▶ Fishermen at work in Sambro harbour.

1752
The year Sambro was founded.

SUBMITTED PHOTO



▶ Local MP Megan Leslie was one of the participants in last year's Sambro Sou’Wester Days parade.

Sou’Wester Days are for all to enjoy

RICHARD WOODBURY
FOR METRO HALIFAX

“It’s a gathering place. People originally from Sambro come home for this.”
LESLIE HARNISH ON WHAT SAMBRO SOU'WESTER DAYS MEANS TO COMMUNITY

Now in its third year, Sambro Sou’Wester Days is happening Thursday through Sunday and the whole community is looking forward to it.

“Everyone’s glad,” says event co-ordinator Leslie Harnish. “People started contacting me in February wanting to know if we were going to be having events.”

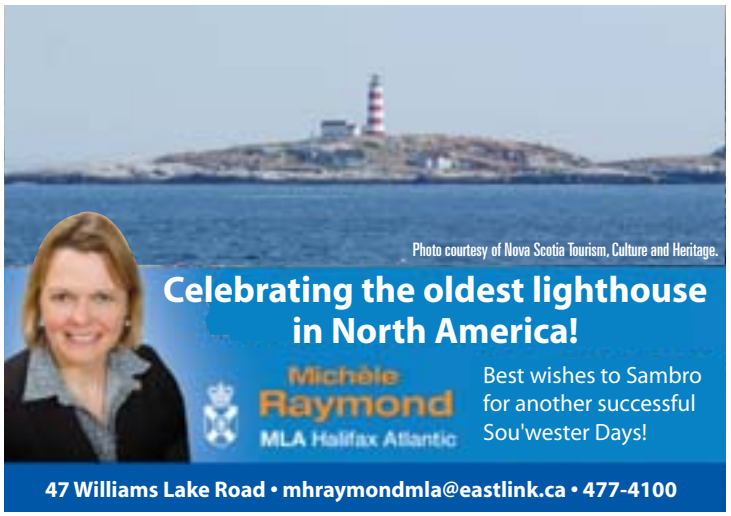
Although a baseball tournament kicks of the festival on Thursday evening, most of the events are happening over the weekend.

The marquee event on Friday night is an adult comedy show featuring comedian Marc Sauve. The show will be held in an outdoor tent at the local fire hall and tickets are $10.

But the events aren’t strictly for adults. Some of the events include a parade beginning Saturday morning at 10 a.m. at Sambro Head and ending at the ball field at noon. There will also be a kids carnival on Saturday afternoon at 1 p.m. It will feature attractions such as a fish pond, mini golf and bouncy castles.

The festival will close with a fireworks display at Crystal Crescent Beach. Fireworks will be launched over the water and the famed Sambro Island Lighthouse will be visible in the background. The fireworks were cancelled last year due to Hurricane Bill, but Harnish says they were spectacular the year before.

“There was not a bit of fog, the moon was full and with the Island in the background, it was awesome,” she says.





BARRY MACDONALD/SUBMITTED



▶The Sambro Island Lighthouse is the oldest lighthouse in North America.

Island's welcoming light

Sambro lighthouse has long and important history

RICHARD WOODBURY
FOR METRO HALIFAX

When Barry MacDonald looks at one of Nova Scotia's many lighthouses, he doesn't just see a physical structure.

"I see history, first and foremost," says the president of the Nova Scotia Lighthouse Preservation Society.

History is something the Sambro Island Lighthouse has plenty of. A national historic site, it was built in 1758 and is the oldest lighthouse in North America. It's been around since the early days of Halifax and has witnessed both world wars.

"If only the lighthouse could talk," says MacDonald.

The Sambro Island Lighthouse has also been a gateway to Canada, he says, serving as a sort of Statue of Liberty. While Pier 21 welcomed newcomers from around the world to Canadian soil, the Sambro Island Lighthouse would have been the first lighthouse they would have seen.

Standing 82 feet in height, the Sambro Island Lighthouse is one of about 160 in Nova Scotia and MacDonald worries about the condition they are all in.

"There's little money spent on the part of DFO (Fisheries and Oceans Canada) for the maintenance of these lighthouses," he says.

As lighthouses became destaffed in the 1980s and 1990s, maintenance nearly disappeared, he says. MacDonald.

Sambro Island Lighthouse was automated in 1988.

MacDonald does say the Sambro Island Lighthouse is in better shape than most, though. In 1998, the lighthouse's exterior was restored and repainted.

But there is still a need to do renovations inside, particularly on the circular staircase.

Another building on the Island, the Gas House, also needs major work. Constructed in the 1800s, the Gas House was used for testing and manufacturing acetylene gas in the early 1900s. The building was hard hit by Hurricane Juan in 2003.

Without renovations, "It will fall down," says MacDonald. "As a matter of fact, we're surprised it's still standing."

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A village on the city's edge

Waterfront homes and easy commute are big draw

JON TATTRIE
FOR METRO HALIFAX

Sambro is a 30-minute drive to downtown Halifax, but feels like a rustic village far from the hustle of the city. It's got an elementary school, a few corner stores and basic eateries and real estate ranges from a couple hundred thousands dollars to almost as much as you'd like to spend.

Kathy D. Johnson, a Sutton Group realtor, lives in the village and has sold homes in the area for years. The size of the house and the lot, along with its proximity to the ocean, determines the price.

"You're looking at $190,000 without waterfront to $400,000 with waterfront," she says as a general overview of properties in area nine, the real estate section that includes Sambro and many of the surrounding villages.

The $200,000 range would get you three to four bedrooms, a bath and a half and a decent lot. "You're not getting the postage-stamp lot you'd be getting in suburbia," she says. "It's worth the drive."

There are new-built homes, mixed in with 15 or 20-year-old homes and places dating back even further.

For the $400,000 range, you'd be getting waterfront property or at least a view of the ocean, though there are also large homes in that range that don't have the view, but make up for it with the size of the house. Getting a wharf and boat house also drives prices up.

At the high end, there are huge homes with stunning views that can cost between $1 to $2 million.

New residents are drawn by the community feel of Sambro and often commute into Halifax for work. "They're looking for a certain style of living just outside of town," Johnson says.

"They can get more for their money because they are moving outside of town."

Education

Kids start at the Sambro-Ketch Harbour Elementary School and are bussed out for junior and senior high.

RICHARD WOODBURY/FOR METRO HALIFAX



The average house price in the Sambro area is $235,000.

A natural experience

Lots to do outdoors in Sambro

RICHARD WOODBURY
FOR METRO HALIFAX

Being right on the ocean, many of the things to do in Sambro relate to the sea.

"There's a lot of natural things to do in Sambro," says resident Donny Hart.

Crystal Crescent Beach is one example. The spot is popular with locals and visitors.

"It's famous for its third beach," says resident Leslie Harnish.

The third beach is a clothing-optional beach.

Besides Crystal Crescent, there are other places to swim in the area, such as the Pennant Brook.

"It's sort of like a buried treasure," says Hart.

"A lot of us when we were kids, we would go to the beach and get full of sand and then we would pedal back on our bikes over to the brook and get washed off."

For people who like to fish, they can always cast a line at the Government Wharf where depending on the season, catching mackerel, perch, pollock or herring are a possibility.

"There's a lot of geocaching that takes place in the area, especially around Crystal Crescent Beach."
LESLIE HARNISH, RESIDENT

At the wharf, residents also like to enjoy leisurely strolls. And on these strolls, some storytelling might be involved.

"If you're around the fish plants, around the wharf, some of the older fisherman are still hanging around and they like to see people stop by and they just have a yarn with them," says Hart.

Being a community that was founded in 1752, Sambro has a lot of history. One way to learn about it is through a walking brochure that has been put out by the Mainland South Heritage Society.

"It's a self-guided tour so that people can walk around the community and see some of the historic buildings and homes in the area," says Harnish.

The brochure can be picked up at Mishoo's Take-Out. Mishoo's is a popular spot where people can pick up some ice cream, pizza or fish and chips.

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RYAN TAPLIN/METRO FILE



▶ The Saint Mary's Huskies football team gathers at centre field during a practice at Huskies Stadium last season. The Huskies and other university football teams will be subject to more anti-doping tests this coming season.

CIS sets sights on doping in football

At least 15 per cent of CIS football players will undergo anti-doping tests ◐ New policy stems from fallout of steroid scandal at Waterloo



MATTHEW WUEST
@METRONEWS.CA

Canadian Interuniversity Sport is stepping up its anti-doping testing of football players and is going after its most talented athletes.

CIS, in conjunction with the Canadian Football League and the Canadian Centre for Ethics in Sport, announced yesterday plans to conduct annual tests of the top 80 university prospects for the CFL draft, in addition to more than 185 random tests.

That testing will amount to a minimum of 15 per cent of all football athletes, a jump from the 89 tests — or five per cent of all football athletes — that were conducted last season.

"We think it will act as a deterrent," said CIS chief executive officer Marg McGregor. "The fact that the CFL has introduced testing in their league, as well, signals a shift."

"We would have hoped there weren't any additional positives but that wasn't the case."
CIS CEO MARG MCGREGOR

The announcement stems from the one-year suspension of University of Waterloo's football program earlier this year after testing of all 62 players at the school revealed nine positive tests.

CIS responded in May and June with 60 additional random tests of athletes from 22 of 27 football schools. Three positive results have been confirmed.

McGregor called those results "disappointing" and said they prompted an increase in testing.

Testing

- **POSITIVE TESTS** Third-year Acadia Axemen linebacker Taylor Shadgett of Barrie, Ont., was one of three confirmed positive tests in May and June. He tested positive for Stanozolol and admitted to ingestion of the steroid Winstrol.
- **FOOTBALL** Of random tests of CIS athletes since 1990, approximately 85 per cent of 58 positive tests have come from the sport of football.

Moore to call Mooseheads this year, despite job ad

The radio and online voice of the Halifax Mooseheads isn't going anywhere.

News 95.7 has agreed in principle to a deal that will put John Moore behind the microphone for a 13th season, despite the fact the radio station posted a job online earlier this month offering a "rare opportunity to call play-by-play for the Halifax Mooseheads."

"John's coming back," Mark Campbell, News 95.7 director of news and programming, told Metro yesterday. "We don't have it signed yet but we've agreed in principle and we're just getting the papers drawn up. At the time I posted the job, John wasn't sure if he was going to be able to do the season or not."

"We're excited to have John come back. He does a great job."
MARK CAMPBELL, NEWS 95.7 DIRECTOR OF NEWS AND PROGRAMMING

Moore did not respond to an email sent Monday asking about the situation.

The Mooseheads' training camp starts next Wednesday. Their first preseason game, against the Saint John Sea Dogs, is on Saturday, Aug. 21, in New Brunswick.

● MATTHEW WUEST

RYAN TAPLIN/METRO FILE



▶ Mooseheads action like this will again be called by John Moore in 2010-11.

4 sports

Quoted



"Everybody, they respect me for what I said. Those are my comments. A lot of people feel that way all throughout the league."
CINCINNATI REDS PLAYER BRANDON PHILLIPS, WHO SAID ON MONDAY HE HATED THE ST. LOUIS CARDINALS, WHOM HE CALLED COMPLAINERS. PHILLIPS WAS IN THE MIDDLE OF A FIRST-INNING ALTERCATION BETWEEN THE REDS AND CARDINALS LAST NIGHT THAT SAW BOTH BENCHES EMPTY.

Scan code for more sports

'Big Shamrock' wants more titles

When Shaquille O'Neal was much, much younger and a good deal smaller, too, he chose as a role model one of the most successful big men in NBA history.

"When I came into the league, I wanted to compete with Bill Russell for titles," O'Neal said yesterday, with Russell's 11 championship banners hanging above him at a news conference to mark his signing with the Boston Celtics. "That's not going to happen, but I'd like to almost get half of what he got."

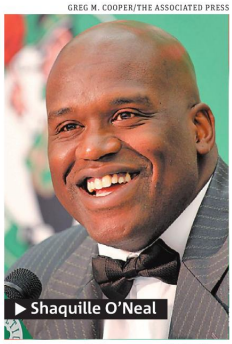
With four titles and a Hall of Fame career already on his resume, newly christened "Big Shamrock" signed a two-year deal with the Celtics at veteran's minimum, forgoing more lucrative offers to join the defending Eastern Conference champions for a run at another championship or two.

A crossover celebrity who has appeared in feature films and his own TV show, O'Neal joked about his new nickname, his fear that his kids will develop a Boston accent and trying to beat new teammate Glen (Big Baby) Davis in a chowder-eating contest.

But he was serious when he talked about his legacy.

"Do I have the same hunger? Yes. If I didn't, I wouldn't be here," O'Neal said. "I don't like wasting my time. I don't like wasting anybody's time. At the end of the day, when I close the book, it's all about winning."

GREG M. COOPER/THE ASSOCIATED PRESS



▶ Shaquille O'Neal

THE ASSOCIATED PRESS

Lengthy contracts under investigation

- Bruins say Savard deal has been under scrutiny since it was signed
- Three others could be rejected

The National Hockey League's investigation of four registered contracts was in full force before arbitrator Richard Bloch ruled in favour of the league's decision to reject Ilya Kovalchuk's 17-year deal with New Jersey.

The Boston Bruins released a statement yesterday saying the league has been examining Marc Savard's $28-million US, seven-year extension since it was signed on Dec. 1.

"The league informed us upon their registration of the contract ... that they would be investigating the circumstances surrounding this contract," Bruins GM Peter Chiarelli said in a release. "From that point on, they commenced their investigation and it has been ongoing since then. On August 4, I met with two league appointed lawyers as part of the investigation.

"We will continue to cooperate with the league in any future investigative proceedings if necessary."

Savard's deal was one of four mentioned in Bloch's ruling Monday that could be struck down by the NHL. The others belong to Vancouver Canucks goalie Roberto Luongo, Philadelphia Flyers defenceman Chris Pronger and Chicago Blackhawks winger Marian Hossa.

All four long-term deals will take the players into their 40s and feature salaries which drop sharply in the later years of the agreement, reducing the overall salary cap hit.

In siding with the NHL on its decision not to approve Kovalchuk's deal because it circumvented the cap, Bloch mentioned the contracts belonging to Savard, Luongo, Pronger and Hossa.

"While the contracts have, in fact, been registered, their structure has not escaped league notice: those (contracts) are being investigated currently with at least the possibility of a subsequent withdrawal of the registration," Bloch wrote.

ELSA/GETTY IMAGES



▶ The NHL is probing Marc Savard's contract.

THE CANADIAN PRESS

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After month off, Federer back in winning form

No. 3 ranked player aiming to reclaim top spot in tennis Roddick withdraws from Rogers Cup

FRANK GUNN/THE CANADIAN PRESS



Roger Federer in action yesterday.

After winning the first match he had played in more than a month, Roger Federer reclined in a snow-white track suit emblazoned with his initials and tried to explain what it was he still wanted to accomplish in his career.

The 29-year-old is no longer the king of men's tennis, but he remains royalty, proving his class again at the Rogers Cup last night.

Federer dispatched Argentine challenger Juan Ignacio Chela with a 7-6, 6-3 win on centre court.

"There's many things I'd like to do, but I'm not going to say my career is incomplete if I don't get to it," Federer said. "I'd love to win another 10 Wimbledons, another five French Opens, an Olympic gold in London, a Davis Cup and whatever — you name it."

Federer's appearance on the court at Rexall Centre marked his first competitive game since his quarterfinal loss at Wimbledon earlier this summer.

He is ranked No. 3 on the ATP World Tour, and has made Toronto his first step in an attempted climb back to No. 1.

The tournament lost one big name yesterday when it was announced American Andy Roddick had withdrawn with an undisclosed illness. The eighth seed will be replaced by France's Paul-Henri Mathieu in the main draw of the $2.43-million US event at York University in Toronto.

Tomas Berdych was among the other big-name winners yesterday, dispatching Sergiy Stakhovsky in straight sets, 6-2, 6-4, on centre court.

THE CANADIAN PRESS

TRACK

Bolt cuts season short

Coming off a rare loss at 100 metres, Olympic and world champion Usain Bolt is cutting his season short, saying he won't race again in 2010 because of tightness in his lower back.

The Jamaican's manager, Ricky Simms, wrote in an email yesterday that the world record-holder at 100 and 200 metres will have treatment to loosen his back and then rest, skipping IAAF Diamond League track and field meets in Zurich on Aug. 19, and in Brussels on Aug. 27.

THE ASSOCIATED PRESS





5 drive

News in brief



1 Subaru Canada has launched a mobile version of its website for smartphone users. To use the site, users should enter subaru.ca in the "search" window of the mobile device browser.
METRO

2 Ten Toyota Venzas are up for grabs in Toyota's Test Drive To Win. The contest runs from now until Aug. 31 at Toyota dealerships across Canada.
METRO

Scan code for more car reviews and news

JUSTIN PRITCHARD/FOR METRO CANADA



▶ Comfort and athleticism go hand in hand in the 2011 Kia Sportage.

Kia's Sportage SUV shows some muscle

This third-generation utility vehicle not only toughens up but shows a little more class ◐ Roomy interiors, impressive handling add more value

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

For two generations, the Kia Sportage was a compact SUV with a built-in connection to the average Canadian shopper after ruggedness, flexibility and a good overall deal.

Now entering its third generation, the 2011 model is hitting dealer lots with even more of the sensible, adventurous and wholesome stuff that made its predecessors a hit.

For its latest iteration, the German-designed, Korean-built Sportage has been designed for higher-than-ever levels of style and value, and the ability to tackle most any driving our continent's craggy North might throw its way.

I recently spent two days and several hundred kilometres driving the now-on-sale 2011 Kia Sportage from Whitehorse to Skagway, Alaska, and back. The latest Sportage is no longer friendly and cartoony-looking, but rather more athletic, prominent and aggressive than the former.

Inside, drivers are treated to an upscale environment with easy-to-use controls and adequate at-hand storage. Rear-seat passengers get plenty of room in virtually every direction, even if they're grown-ups, and folding seats and a big, easily-accessible cargo hold help to maximize utility and flexibility.

Sportage's interior is assembled as nicely as any of its Japanese competition–though trim materials won't be blowing any socks off, and a little more colour could go a long way to brighten up the mainly dark scenery.

Sportage's ride and handling should impress. Even on undulating or poorly-maintained highways, I found the suspension delivered a near-perfect blend of drama-free tautness and planted comfort.

The specs

2011 Kia Sportage

- **VEHICLE TYPE** SUV
- **PRICE** from $21,995
- **ENGINE** 2.4L four-cylinder; 176 hp
- **FUEL ECONOMY** 10/6.9 L/100 km, city/highway
- **MADE FOR CANADA FEATURES** Sportage is available with a Canadian-designed AWD system for tackling extra-slippery conditions; Kia's automatic climate control system lets each front passenger select their desired temperature

Consumer Reports picks best rides for going back to school

With the fall semester just around the corner, Consumer Reports offers its best choices for parents and teens out shopping for a car to bring back to school.

When looking for the right car for teens, including used models, Consumer Reports recommends picking cars with safety features such as electronic stability control and curtain air bags and good crash-test results.



▶ With fall semester approaching soon, it's good to know what cars work best for teens.

In addition to naming good cars for young and older drivers, the magazine also names good picks for all sizes and types of drivers including the tall and small. All the models on Consumer Reports' lists have at least average reliability and are "Recommended" vehicles.

Consumer Reports named only one car suitable for all driver types: the Honda Accord.

Here is a look at some of Consumer Reports' picks for teens:

Good Models for Teen drivers: (ESC is standard or optional starting with the years listed below).

- Small Sedans: Hyundai Elantra SE (2008-2010), Mazda3 (2007-), Scion xB (2008-);
- Midsized sedans: Acura TSX (2004-), Honda Accord (2008-), Kia Optima (2007).

FROM CARGUIDE



CANADA'S hottest model event

IF YOU WANT A HOT MODEL, IT'S TIME TO STEP UP.

2010 Dodge Grand Caravan SXT shown.§

2010 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

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17" Aluminum wheels

• Leather wrapped steering wheel and shift knob • Steering wheel mounted audio controls

NO CHARGE SE PLUS GROUP PACKAGE



2010 Dodge Journey SXT shown.§

2010 DODGE JOURNEY SE CANADA VALUE PACKAGE

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PLUS GET **0%**† PURCHASE FINANCING for 36 months

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2010 JOURNEY SXT GROUP PACKAGE



Third row 50/50 split fold reclining seats



Rear temperature control

• Second row 40/60 Tilt'n Slide™ seat – easy entry system

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2010 Jeep Patriot Limited 4x4 shown.

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Wise customers read the fine print: •, *, †, ±, § Canada's Hottest Model Event offers apply to retail deliveries of selected new and unused models purchased between July 21, 2010 and August 3, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. •$19,999 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F) only and includes $6,500 Consumer Cash Discount. $18,499 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (22F) only and includes $1,250 Consumer Cash Discount. See participating retailer for complete details. Pricing excludes freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F) with a Purchase Price of $19,999/$18,499 financed at 0% for 36 months equals monthly payments of $555.52/$513.86; cost of borrowing of $0 and a total obligation of $19,999/$18,499. Purchase Price does not include freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. ±Canada's Hottest Model Event offers are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to residents of Quebec. TD offer is not open to residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. §2010 Dodge Grand Caravan SXT/2010 Dodge Journey SXT shown have a higher price than the 2010 Dodge Grand Caravan Canada Value Package/2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. ^Based on January through December 2009 R.L. Polk sales total registrations. ‡SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

Into the great wide open

If you are going off the beaten path, Jeep TJ's a worthy companion

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Jeep brand virtually owns the competitive landscape where toughness and capability on the road less travelled are concerned. By offering affordable capable 4x4 models like the TJ, the brand has earned one of the most enviable followings of loyal owners in the industry.

The last-generation Jeep TJ was on sale from 1997 through 2005 model years, and offered up two doors, two rows of seating and standard four-wheel drive. It's not exactly a family hauler, but did offer plenty of fun for mom, dad and two kids as needed.

Add in the removable roof and proven off-road prowess, and it's no wonder TJ owners say it's the most four-wheeled fun possible for the price.

Power came from a 2.5 litre four-cylinder engine with 110 to 120 horsepower, as well as a 2.4 litre unit from 2003 and on.

Like its ride, TJ's powerplants are far from pinnacles of refinement — but they're known to be highly effective and tough as nails.

What Owners Like

As expected, the TJ's most bragged-about attribute is its off-road ability, and the confident, all-terrain capability of its 4x4 system.



▶ A Jeep TJ can be your ticket to a big outdoor adventure.

The specs

- **MODEL** 1997-2005 Jeep TJ
- **VEHICLE TYPE** 4X4
- **APPROXIMATE USED PRICE RANGE** $4,000 to $14,000

Styling, fun factor and overall value are also highly rated, too.

What Owners Hate

Many TJ owners wish for better fuel mileage, a smoother ride and more interior space, especially in the difficult-to-access rear seats.

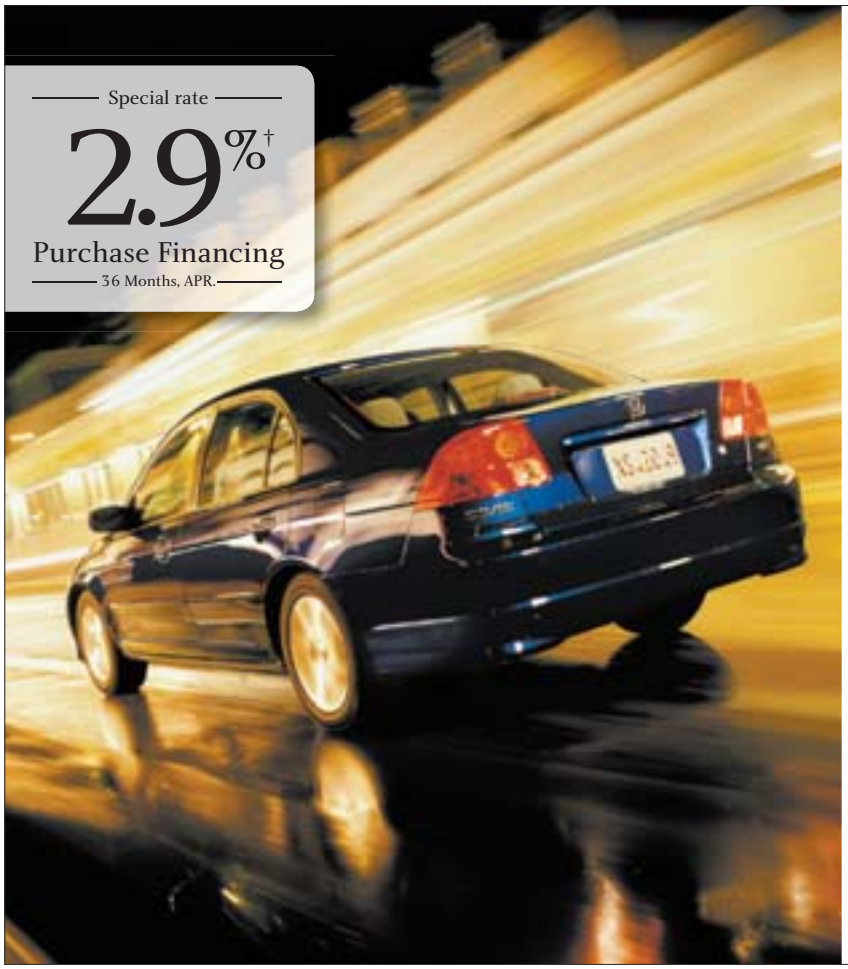
Common issues

Exhaust manifolds on the straight-six engine could crack, causing a noisy exhaust leak. Additionally, broken bolts on said manifold could make removal and replacement more difficult.

Check the PCV valve for proper operation, too. If it's clogged or broken, it could cause the engine to burn oil.

Thankfully, it's a simple and cheap part to replace.

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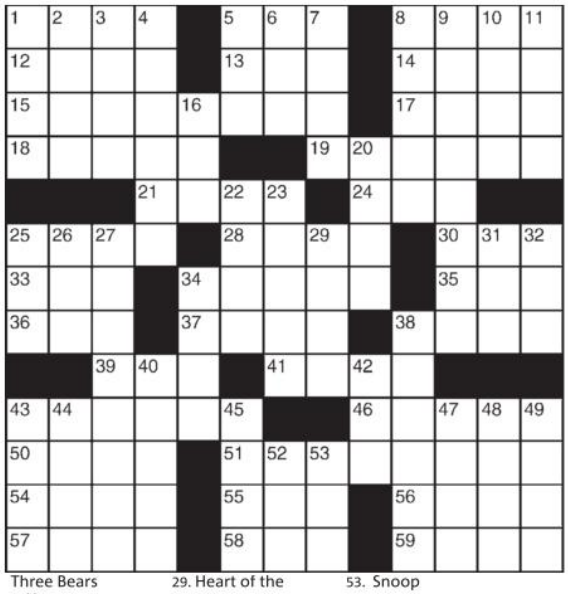
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Crossword



Across

1. Venomous vipers
5. Schedule abbr.
8. Jeans-maker Strauss
12. Vegetarian's no-no
13. Navigator's aid
14. Way out
15. Publicity
17. Church area
18. Striped antelope
19. Cash in
21. Ova
24. 1960s hallucinogen
25. Carriage
28. Aquatic plant
30. Charged bit
33. Plague
34. "The rain in — ..."
35. Pair
36. Drill sergeant's syllable
37. Jailer's janglers
38. Suspenders alternative
39. Unfriendly
41. Remain
43. Frenzied
46. Camel's cousin
50. Comedian Rudner
51. Unambiguous
54. Always
55. Former space station
56. Wolfe of whodunits
57. Marries
58. Wall climber
59. Cheese choice

Down

1. "So be it"
2. Alluring
3. One of the Three Bears
4. Hot
5. Ostrich's kin
6. Pitch
7. Mimic
8. Starring roles
9. Speed up
10. Workbench attachment
11. Detail
16. Droop
20. Verve
22. Stare open-mouthed
23. Dispatches
25. Speedometer stat
26. Debtor's letters
27. Atoned
29. Heart of the matter
31. Pussycat's partner
32. "To be or — ..."
34. Terrier type
38. Newswriter's credit
40. Despots
42. Every last bit
43. Vessel's team
44. Split violently
45. Ms. Moore
47. Passed, and then some
48. Actress Sorvino
49. Teeny particle
52. "Sun King" Louis
53. Snoop

▶ Yesterday's answer

C	L	A	W	■	D	E	C	■	B	A	B	E
B	O	L	A	■	I	T	O	■	I	R	I	S
S	U	L	L	I	V	A	N	■	G	A	L	S
■	■	■	D	N	A	■	N	I	B	B	L	E
S	L	E	E	K	■	F	I	R	E	■	■	■
L	A	W	N	■	S	A	V	A	N	N	A	H
A	V	A	■	R	A	V	E	N	■	E	G	O
V	A	N	T	A	G	E	S	■	P	A	U	L
■	■	■	O	N	U	S	■	P	U	R	E	E
A	L	A	S	K	A	■	A	I	R	■	■	■
M	O	W	S	■	R	E	L	E	V	A	N	T
O	G	R	E	■	O	R	B	■	E	R	I	E
K	E	Y	S	■	S	E	A	■	Y	E	L	L

Sudoku

2			9		7			
4	1						9	7
	9			6		3		
	6		7	5				1
		8				4		
1				3	9		2	
		4		7			6	
8	7						3	5
			5		8			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	5	8	1	2	7	6	9	4
7	6	4	8	9	3	5	2	1
2	9	1	4	6	5	7	3	8
5	3	7	9	1	2	4	8	6
9	8	2	7	4	6	3	1	5
4	1	6	3	5	8	2	7	9
1	4	5	2	7	9	8	6	3
8	2	9	6	3	4	1	5	7
6	7	3	5	8	1	9	4	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Katrina, it has been so long since I have seen you. I feel like every minute that goes by feels like an hour when you're not here. I can't wait until you're in my arms again. **XOXO STEVEN**

My dear Mamusik, You are the kindest, the most beautiful, the best Mom in the world! I'm so proud to be Your daughter! Wish You all the best!!! Lots of health, wealth, happiness and love!!! **YOUR IRUSIK**

Scott, Thanks for being the best husband a woman could ever ask for!! I love you so much forever and ever
Love,
YOUR MUFFIN XOXO

Bon Anniversaire Senor Frog, like the good wine taste better with taking years
Kisses and hugs, love you
YOUR PEQUENA MONITA

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Today	Thursday	Friday
40% Showers	Sunny	Partly cloudy
24° / 12°	21° / 12°	23° / 13°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 19 The Sun's transit of the most creative area of your chart gives you total and utter confidence in your own abilities. Not that you were lacking before but now there will be no holding you back.

♉ Taurus April 20-May 21 Sometimes it is smarter to let others win, or think they have won, than insisting on getting your own way. Stand aside and let a partner or loved one do as they please today.

♊ Gemini May 22-June 21 Someone you meet today could be of great importance to you in months to come, but your paths are unlikely to cross if you stay at home staring at the walls or, worse, the TV.

♋ Cancer June 22-July 22 You know that your financial situation demands you make changes but you keep putting them off in the hope that things might get better without any pain. They won't, so stop prevaricating and get on with it.

♌ Leo July 23-Aug.23 Others must accept you for who you are and what you are. If they are not prepared to do that then it's "Goodbye".

♍ Virgo Aug. 24- Sept. 22 You seem to be on edge at the moment but at this time of year that's perfectly natural, so stop worrying and start planning for the bright future that is not so far away. Give yourself something to look forward to.

♎ Libra Sept. 23-Oct. 23 The time has come to choose between one group of friends and another. One group may be more exciting but is that enough? Who is most likely to stand by you when times get tough? That's who you want by your side.

♏ Scorpio Oct. 24-Nov. 22 You may be hugely ambitious but don't get so carried away with your plans and big ideas that you overlook too many important little things.

♐ Sagittarius Nov. 23-Dec. 21 Focus on what you are good at today and put everything else out of your mind. Other people may say you should be more realistic but what do they know?

♑ Capricorn Dec. 22-Jan. 20 Yes, it is possible that you will become rich overnight, but more likely you will have to work for all the good things you desire. But that's okay. Work is something you are good at.

♒ Aquarius Jan. 21-Feb. 18 The Sun's journey through your opposite sign is sure to bring changes in one or more of your relationships. Go with the flow.

♓ Pisces Feb. 19-March 20 Start the day early and get through as much work as you possibly can. The more you clear the decks now the more time you will have for more enjoyable things tomorrow.

SALLY BROMPTON

Caption contest

CHRIS RADBURN/THE ASSOCIATED PRESS



You write it! Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

AP PHOTO



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2010 Outback Demo

000650
AC,PW,PL,TW,CC,AW,CD, HTD SEATS, 10,000 KMS **$31,990**

2006 Outback 2.5i


3007P
AC,PW,PL,TW,CC,AW,CD, HTD SEATS, 97,282 KMS **$15,995**

2006 Outback 2.5i

7969P
AC,PW,PL,TW,CC,AW,CD,ALLOYS, HTD SEATS, 81,351 KMS **$17,995**

2006 Outback 2.5i Wagon

5212P
AC,PW,PL,TW,CC,AW,CD, HTD SEATS, 91,536 KMS **$16,995**

2006 Tribeca

8017P
6AC,PW,PL,TW,CC,AW,CD,SR, HTD SEATS, 89,994 KMS **$17,995**

2006 Tribeca H6


5123P
AC,PW,PL,TW,CC,AW,6CD,SR, LTHR,HTD SEATS, 83,325 KMS **$19,995**

2006 Legacy 2.5i

1871PA
AC,PW,PL,TW,CC,AW,CD, ALLOYS, HTD SEATS, 79,000km **$15,995**

2007 Legacy 2.5i

7160A
AC,PW,PL,TW,CC,AW,CD, 78,424 KMS **$14,995**

2008 Forester 2.5SE

9073P
AC,PW,PL,TW,CC,AWD,CD, 72,465 KMS **$19,995**

2006 Legacy 2.5i

4113P
AC,PW,PL,TW,CC,CD, HTD SEATS, ALLOYS, 81,000 KMS **$15,995**

2006 Impreza 2.5i


0926P
AC,PW,PL,ALLOYS,CC,CD LTHR, SUNROOF,124,000 KMS **$13,995**

2006 Forester 2.5X

9280P
AC,PW,PL,TW,CC,CD, 70,658 KMS **$15,995**

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3679P
4AC,PW,PL,TW,CC,CDS, 49,192 KMS **$15,995**

2006 Forester 2.5XS


1155A
AC,PW,PL,TW,CC,AW,6CD, HTD SEATS, 78,455 KMS **$17,995**

2006 Forester

5929P
AC,PW,PL,TW,CC,AW,CD,SR,HTD MIRRORS, 88,643 KMS **$15,495**

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5510P
AC,PW,PL,TW,CC,AW,CD 37,041 KMS **$15,995**

2006 Impreza 2.5i


0294P
AC,PW,PL,TW,CC,AW,CD 80,250 KMS **$12,995**

2008 Impreza Sport

2602P
AC,PW,PL,TW,CC,CD 37,000 KMS **$19,495**

2010 Impreza 2.5i Demo

000844
AC,PW,PL,TW,CC,AW,CD 11,944 KMS **$22,495**

2006 Impreza 2.5i

1467P
AC,PW,PL,TW,CC,AW,CD,HTD SEATS,FOG LIGHTS, 78,931 KMS **$12,995**

2007 Impreza 2.5i


1527P
AC,PW,PL,TW,CC,AW,CD 79,687 KMS **$15,995**

2008 Impreza 2.5i

9520P
AC,PW,PL,TW,CC, 49,068 KMS **$16,995**

2008 Subaru Impreza Sport

1248P
AC,PW,PL,TW,CC,AW,6CD, HTD SEATS, 56,000 KMS **$19,495**

2008 Subaru Impreza 2.5i

3616P
4A,AC,PW,PL,TW,CC,CD 42,000 KMS **$17,995**

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